

CITRUS SHRIMP SALAD

PER SERVING: 369 CALORIES | 27G FAT | 18G PROTEIN | 16G TOTAL CARBS | 1460MG SODIUM

INGREDIENTS

- ½ pound of 16/20 shrimp, peeled and deveined
- 2 Tbsp extra virgin olive oil
- ⅛ tsp kosher salt
- ⅛ tsp ground black pepper
- ¼ tsp ground cumin
- ¼ tsp paprika
- 1 pinch of cayenne
- 1 clove of garlic, peeled and finely chopped
- 2 Tbsp fresh lime juice
- ¼ cup red onion, julienne
- 1 Tbsp shredded carrot
- ¼ cup fresh corn kernels
- 8 cherry tomatoes, cut in half
- ¼ cup Monterey Jack cheese
- 6 ounces spring mix
- ⅓ cup blood orange vinaigrette
- ½ tsp blood orange citrus salt

MAKES
2
SERVINGS





1. Marinate the shrimp: In a bowl, whisk together the oil, salt, pepper, cumin, paprika, garlic, and lime juice. Add the shrimp and allow to marinate in the refrigerator for two hours.



2. Make the salad: In a large bowl, combine the spring mix, onion, carrot, corn, cheese, and tomatoes. Set aside.



3. Cook the shrimp: Heat a sauté pan over medium-high heat. Add the shrimp and sauté until opaque — about 2-3 minutes.



4. Plate the salad: Divide the salad between two plates, and top it with the shrimp.
5. Dress the salad: Drizzle the salad with the blood orange vinaigrette and sprinkle with citrus salts.



BLOOD ORANGE VINAIGRETTE

PER 1oz SERVING: 160 CALORIES | 17g FAT | 0g PROTEIN | 2g TOTAL CARBS | 65mg SODIUM

INGREDIENTS

½ clove garlic, minced
1 tsp shallot, minced
1 tsp Dijon mustard
½ tsp sugar
1 tsp lemon juice
1 tsp lime juice
3 Tbsp blood orange juice
⅛ tsp kosher salt
⅛ tsp ground black pepper
4 Tbsp vegetable oil
½ tsp tarragon, chopped

METHOD

1. In a food processor, combine all ingredients except for the oil and tarragon.
2. While the food processor is running on low, drizzle in the oil until emulsified.
3. At the end, pulse in the tarragon.

BLOOD ORANGE CITRUS SALTS

INGREDIENTS

4 Tbsp coarse sea salt
2 tsp blood orange zest

METHOD

1. Preheat oven to 225°F.
2. Place zest on a baking sheet lined with parchment, and place into the oven.
3. Bake until dry, approximately 60 minutes. When completely dry, the zest should crumble between your fingers.
4. Allow the zest to cool completely and mix together with the sea salt.
5. Store in an air-tight container for up to two months.

