

Black Bean and Caribbean Shrimp Salad

Ingredients

½ pound medium shrimp, cooked, cleaned and deveined
1 (15-ounce) can black beans, rinsed and drained
1 small green pepper, cut into short, thin strips
½ cup thinly sliced celery
1/3 cup very thinly sliced small red onion rings
2/3 cup picante sauce
2 Tablespoons vegetable oil
2 Tablespoons honey
1 fresh lime (to make 1 teaspoon shredded zest & 2 Tablespoons juice)
½ teaspoon salt
lettuce leaves
1 cup cherry tomato halves

Makes 6 servings

Instructions

1. Combine shrimp, beans, green pepper, celery and onion in a large bowl.
2. Combine remaining ingredients except tomatoes and lettuce, mix well. Pour over shrimp mixture, toss lightly to coat.
3. Cover and chill at least 2 hours or up to 24 hours, toss lightly occasionally.
4. Spoon salad on to lettuce-lined serving platter, garnish with tomatoes. Serve with additional picante sauce.

Note:

- 2 chicken breasts halves (cooked and sliced), 2 cups surimi, or 2 cups cubed ham can be used instead of shrimp.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 6

Amount Per Serving

Calories 170 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 1090mg **45%**

Total Carbohydrate 20g **7%**

Dietary Fiber 4g **16%**

Sugars 9g

Protein 11g

Vitamin A 8% • Vitamin C 30%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

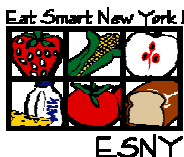
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

26% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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