



Greek Shrimp Salad [Gluten-Free & Low-Calorie]



SERVES 1

Prep Time: 15 Minutes | Total Time: 25 Minutes

INGREDIENTS

For the Salad:

- 1/4 lb shrimp
- 3 cups romaine lettuce, chopped
- 1/2 cup cucumber, diced
- 1/4 cup grape tomatoes
- 1/2 cup green bell pepper, diced
- 2 tbsp feta cheese, omit for Smart for Life Program and Paleo Diet
- 1/4 tsp marjoram
- 1/4 tsp basil
- 1/2 tsp oregano
- salt & pepper to taste

For the Dressing:

- 1 tbsp balsamic vinegar
- 1/2 tsp extra virgin olive oil (replace with balsamic vinegar for SFL program)
- 1/2 tsp marjoram
- 1/4 tsp basil
- 1/2 oregano
- salt & pepper to taste

DIRECTIONS

1. Start with the dressing. Mix the ingredients for the dressing in a small bowl, whisk and set aside.
2. Heat a grill pan over medium heat. Spray pan with non-stick spray. In a medium bowl, mix together shrimp, spices, and salt & pepper. Cook shrimp on grill pan 2-3 minutes on each side until opaque.
3. Once the shrimp are done cooking, remove from pan and set aside. Assemble salad by adding together the vegetable ingredients listed above into a bowl. Top the salad off with the shrimp, feta, and drizzle with dressing.