Lunch

Zesty Lemon Shrimp Salad with Arugula

Tender cooked shrimp sit on a bed of peppery arugula with a bright lemon dressing, shaved Parmesan cheese, and toasted pine nuts.

5 min	160	6 g	2 g
time	calories	carbs	sugars



Gluten free

Ingredients, 2 servings

- [ ] 1 tbsp lemon juice
- [ ] 1 tbsp extra virgin olive oil
- [ ] 1 tsp white wine vinegar
- [ ] 1/4 tsp black pepper
- [ ] 1/4 tsp sugar free multi use syrup
- [ ] 6 oz about 12 large shrimp (cooked)
- [ ] 4 cup arugula
- [ ] 1 tbsp Parmesan cheese (shaved)
- [ ] 2 tsp pine nuts (toasted)

Method

- [ ] 1 Whisk the lemon juice, extra virgin olive oil, white wine vinegar, black pepper, and sugar free multi use syrup together in a small bowl, or place them in a small jar with a tight lid and shake well.
- [ ] 2 Divide the arugula between 2 plates.
- [ ] 3 Top each plate with 3 oz of the cooked shrimp.
- [ ] 4 Sprinkle each salad with half of the shaved Parmesan cheese and half of the toasted pine nuts.
- [ ] 5 Drizzle the dressing over both salads and serve.

Nutrition Facts

Per serving

Calories	**160**
Total fat	12 g
Saturated fat	2 g
Sodium	190 mg
Total carbs	6 g
Fiber	1 g
Total sugars	2 g
Protein	9 g

diabic.com/recipes

Scan to open this recipe and its shopping list