

Grilled Shrimp Salad

Yield: 8 servings

Ingredients:

8 tablespoons lime juice, divided	3 green onions, finely chopped
8 tablespoons rice vinegar, divided	2 8-ounce cans sliced water chestnuts, drained and rinsed
9 tablespoons peanut oil, divided	½ cup chopped red onion
24 large shrimp (about 1½ pounds), peeled and deveined	6 cups shredded iceberg lettuce (about 1 head)
2 tablespoons sugar	2 cups chopped bok choy
6 tablespoons chopped fresh cilantro	cilantro sprigs (optional)
1 teaspoon crushed red pepper	

Procedure:

In a bowl large enough to hold the shrimp, mix together 4 tablespoons each of the lime juice and rice vinegar and 1 tablespoon of the peanut oil. Add shrimp, toss to coat and refrigerate, but continue to turn the shrimp in the marinade frequently. Meanwhile, prepare the salad dressing by combining the remaining lime juice, vinegar and oil with sugar, cilantro, red pepper and green onions. Ready the charcoals or the gas grill. Remove shrimp from marinade (discard marinade), thread on metal skewers and grill on an oiled rack set 5 to 6 inches over heat source until cooked through, about three minutes per side. While shrimp cooks, toss together in a bowl the water chestnuts, red onion, lettuce and bok choy. Remove shrimp from grill and slide the pieces off the skewers onto a plate. Set aside. Drizzle salad dressing over vegetable mixture, toss again, and divide among eight salad plates. Arrange shrimp on top of vegetables--three shrimp per plate. Garnish with cilantro sprigs, if desired, and serve immediately. Crispy cream cheese-filled wontons make nice accompaniments.

285 calories and 17 grams of fat per serving (one-eighth of the recipe)

A serving of Grilled Shrimp Salad also contains 17 percent of the daily recommendation for iron, 17 percent of the daily recommended vitamin A and 26 percent of the daily recommended vitamin C.

NDSU Agriculture Communication

Prairie Fare



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