

Herbed Shrimp and White Bean Salad

- **Yield:** 4 servings (serving size: 6 shrimp and 1 cup arugula mixture)

Ingredients

- 4 tsp sherry vinegar
- 4 tsp extra-virgin olive oil
- 1 tablespoon chopped fresh thyme
- 2 teaspoons minced fresh garlic
- 1 tsp chopped fresh rosemary
- ½ teaspoon black pepper
- 2 cups loosely packed arugula
- 1 cup trimmed watercress
- 1 cup grape tomatoes, halved
- ¼ cup chopped fresh flat-leaf parsley
- 1 (15.5 ounce) can Great northern beans, rinsed and drained
- 1 tablespoon honey
- 1 tsp water
- 24 peeled and deveined medium shrimp (about 1 pound)
- Cooking spray
- ¼ teaspoon salt

Preparation

1. Combine first 6 ingredients in a large bowl: stir with a whisk. Add arugula and next 4 ingredients (through beans) to bowl, and toss gently to coat.
2. Combine honey and 1 teaspoon water in medium bowl, stirring with a whisk. Add shrimp to honey mixture: toss to coat. Heat grill pan over medium-high heat: coat pan with cooking spray. Sprinkle shrimp with salt. Add shrimp to pan; cook 2 minutes on each side or until done. Serve with salad.

Nutritional Information: Amount per serving: Calories: 276

Fat: 6.7g

Saturated fat: 1.0g

Monounsaturated fat: 3.6g

Polyunsaturated fat: 1.3g

Protein: 30.0g

Carbohydrate: 23.3g

Fiber: 5.5g

Cholesterol: 172 mg

Iron: 4.7 mg

Sodium: 581mg

Calcium: 147 mg

