



Shrimp Salad with Fresh Dill

6 servings

1-1/2 lb	Cooked shrimp, coarsely chopped
1	Lemon
1/4 cup	Onions, minced
1 can, 5 oz	Water chestnuts, sliced, drained
2 Tbsp	Italian salad dressing, light or fat free
2-4 drops	Tabasco sauce (optional)
2	Tomatoes, large, cut in quarters
12	Mushrooms, cut in quarters
6 cups	Romaine lettuce, chopped



Get out a large mixing bowl. Place shrimp, onions and water chestnuts in the bowl and gently mix. Add salad dressing and Tabasco sauce. Sprinkle with dill and gently toss together. Arrange chopped lettuce on meal plates. Spoon shrimp salad on top and then arrange tomato wedges and mushrooms around the salad.

Recipe Nutrition per serving

158 calories; 26 gm protein; 10 gm carbohydrate; 2 gm total fat; 0 saturated fat; 221 mg cholesterol; 3 gm fiber; 344 sodium