

Recipe



Avocado & Shrimp Chopped Salad

Lockton Nurse Advocate

Ingredients

- 5 tablespoons reduced-fat sour cream
- 3 tablespoons grapeseed oil or extra-virgin olive oil
- 3 tablespoons cider vinegar
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon chopped fresh dill
- 1 tablespoon minced shallot
- 2 cloves garlic, minced
- ¾ teaspoon dry mustard
- ¼ teaspoon kosher salt
- 1 pound raw shrimp (21-25 per pound), peeled and deveined
- 2 teaspoons extra-virgin olive oil
- 2 teaspoons finely grated lime zest
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper, plus more to taste
- 2 ears corn, husked
- 4 cups chopped romaine lettuce
- ¾ cup finely chopped red cabbage
- ¾ cup diced red bell pepper
- ½ cup diced red onion
- ½ cup assorted cherry tomatoes, chopped
- ½ fennel bulb, halved again, thinly sliced
- 1 avocado, diced
- 2 slices crispy cooked bacon, diced

Directions

To prepare dressing: Puree the dressing ingredients in a food processor or blender until smooth.

To prepare shrimp and salad: Preheat grill to medium, or heat a grill pan over medium heat.

Toss shrimp with two teaspoons oil, lime zest, salt and one quarter teaspoon pepper.

Grill corn, turning occasionally, until slightly charred, six to 10 minutes.

Grill the shrimp, turning once, until cooked through, three to five minutes total. Transfer corn and shrimp to a cutting board. Cut the kernels off the cob. Chop the shrimp into bite-size pieces.

Combine lettuce, cabbage, bell pepper, onion, tomatoes, fennel, avocado and bacon in a large bowl. Add the shrimp, corn and dressing; toss to coat. Season with pepper.