Avocado and Shrimp Chopped Salad

Ingredients:

5 tablespoons reduced-fat sour cream
3 tablespoons extra virgin olive oil
3 tablespoons apple cider vinegar
2 tablespoons chopped fresh cilantro
1 tablespoon minced shallot
2 garlic cloves, minced
3/4 teaspoon kosher salt
1 pound raw shrimp, peeled and deveined
2 teaspoons finely grated lime zest
1/4 teaspoon pepper
2 teaspoons extra virgin olive oil
2 ears of corn, husked
4 cups chopped romaine lettuce
3/4 cup finely red cabbage
3/4 cup diced red bell pepper
1/2 cup diced red onion
1/2 cup assorted cherry tomatoes, chopped
1/2 fennel bulb, thinly sliced
1 avocado, diced
2 slices crispy bacon
Pepper to taste

Directions:

1. To prepare dressing: Puree the sour cream, olive oil, vinegar, cilantro, shallot, and garlic in a food processor or blender, until smooth.
2. To prepare shrimp and salad: Preheat grill to medium or heat a grill pan over medium heat.
3. Toss shrimp with 2 teaspoons oil, lime zest, salt, and 1/4 teaspoon pepper.
4. Grill corn, turning occasionally, until slightly charred, 6 to 10 minutes. Grill the shrimp, turning once, until cooked through, 3 to 5 minutes total. Transfer corn and shrimp to a cutting board. Cut the kernels off the cob. Chop the shrimp into bite sized pieces.
5. 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 to taste.

Nutrition Facts

Serving Size (132g)
Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 180mg	**8%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 25g	

Vitamin A 0% • Vitamin C 2%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:
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Source: eatingwell.com