

## ***Asparagus Shrimp Salad***

1 lb. medium-sized cooked shrimp  
1 bunch asparagus, cut into 1-inch diagonal pieces, discarding bottom fourth  
3 TBS vegetable broth  
1 fresh tomato, diced into ½ inch pieces  
3 tsp dried parsley  
Small head of romaine lettuce, chopped  
Salt and fresh cracked black pepper to taste  
\*optional 2 oz. crumbled goat cheese

### Dressing:

3 TBS fresh lemon juice  
2 TBS extra virgin olive oil  
1 TBS Dijon mustard  
1 tsp honey  
4 cloves garlic, minced  
Salt and fresh cracked black pepper to taste

### Directions:

1. Make sure cooked shrimp is completely thawed and patted dry with a paper towel or it will dilute the flavor of the salad.
2. Slice asparagus spears thinly into 1-inch pieces on the diagonal until you get close to the tip. Cut the asparagus tips off in one piece (they look prettier that way)
3. Add broth to medium skillet and after it has heated up, sauté asparagus for 5 minutes.
4. Whisk together lemon, oil, mustard, honey, garlic, salt and pepper. Toss shrimp, asparagus, parsley, and tomato with dressing and herbs. Allow shrimp salad to marinate for at least 15 minutes.
5. Discard outer leaves of lettuce head, rinse, dry, and chop. Serve shrimp mixture on bed of lettuce and top with crumbled goat cheese, if desired.

Serves 4

Nutrient Analysis, per serving: 254 calories, 16g. carbohydrate, 29g. protein, 10g. fat, 307mg. sodium