



## **Black Bean Salad with Shrimp**



Recipe Courtesy Chef Bryan Woolley

- 2 (14 ½ ounce) cans black beans, rinsed and drained
- 1 large green bell pepper, cored, seeded and chopped
- 1 cup sliced celery
- 1 medium red onion, peeled, sliced and separated into rings
- ¼ cup fresh cilantro
- 1/3 cup salsa
- ½ cup fresh lime juice
- ¼ cup oil
- ¼ cup honey
- ¼ tsp salt
- 1 cup fresh or frozen corn kernels
- 3 cups water
- 1 pound medium shrimp, peeled and deveined
- 1 head red leaf lettuce, separated, rinsed and dried
- 1 bag mixed greens, rinsed and dried
- Cherry or pear tomatoes, halved

1. Combine beans, pepper, celery, onion, cilantro, salsa, lime juice oil, honey and salt. Add corn. Toss to blend. Cover and chill.
2. Bring water to a boil. Add shrimp and cook until pink – about 3-5 minutes. Drain and rinse with chilled water. Chill for 1 hour.
3. Divide lettuce and greens onto 6 plates. Spoon mixture on lettuce. Top with shrimp and tomatoes. Serve immediately. Makes 6 servings.

### **Nutrition Facts**

Serving size: 1/6 recipe

Calories	390
Total Fat	11g
Saturated Fat	1g
Cholesterol	115mg
Sodium	320mg
Carbohydrates	47g
Dietary Fiber	10g
Protein	27g

### **Diabetic Exchanges**

Protein	4
Fat	2
Carbohydrates	3

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