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## Black Bean & Caribbean Shrimp Salad

### Ingredients:

- ½ pound medium shrimp, cooked, cleaned & deveined
- 1 (15-ounce) can black beans, rinsed and drained
- 1 small green pepper, cut into short, thin strips
- ½ cup thinly sliced celery
- 1/3 cup very thinly sliced small red onion rings
- 2/3 cup picante sauce
- 2 Tablespoons vegetable oil
- 2 Tablespoons honey
- 1 fresh lime (to make 1 teaspoon shredded zest & 2 Tablespoons juice)
- ½ teaspoon salt
- lettuce leaves
- 1 cup cherry tomato halves

*Makes 6 servings - 26% calories from fat*

### Instructions:

1. Combine shrimp, beans, green pepper, celery and onion in a large bowl.
2. Combine remaining ingredients except tomatoes and lettuce, mix well. Pour over shrimp mixture, toss lightly to coat.
3. Cover and chill at least 2 hours or up to 24 hours, toss lightly occasionally.
4. Spoon salad on to lettuce-lined serving platter, garnish with tomatoes. Serve with additional picante sauce.

### Note:

- 2 chicken breasts halves (cooked and sliced), 2 cups surimi, or 2 cups cubed ham can be used instead of shrimp.

## Nutrition Facts

Serving Size 1 cup		Servings Per Container 6	
Amount Per Serving			
<b>Calories</b> 170	<b>Calories from Fat 45</b>		
% Daily Value*			
<b>Total Fat</b> 5g	<b>8%</b>		
Saturated Fat 0.5g	<b>3%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 80mg	<b>27%</b>		
<b>Sodium</b> 1090mg	<b>45%</b>		
<b>Total Carbohydrate</b> 20g	<b>7%</b>		
Dietary Fiber 4g	<b>16%</b>		
Sugars 9g			
<b>Protein 11g</b>			
Vitamin A 8%	• Vitamin C 30%		
Calcium 6%	• Iron 6%		
*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



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