

Asparagus Shrimp Salad

Printed from Asparagus Recipes at <http://www.asparagusrecipes.net/>

This recipe makes a filling salad good enough for dinner. Shrimp, vegetables, and cheese get tossed in an Italian vinaigrette for a healthy summer dish.

Ingredients:

Dressing

½ cup olive oil

¼ cup apple cider or wine vinegar

1 tablespoon chopped fresh parsley

1 tablespoon chopped fresh basil

1 tablespoon chopped fresh oregano

¼ teaspoon salt

Dash cayenne

Pinch pepper

Salad

1 ½ pounds asparagus, thick ends removed

1 pound cooked shrimp, shelled and cleaned

1 slice fresh lemon

1 medium red bell pepper, sliced

¼ cup sliced green onion

2 tablespoons minced fresh parsley

Lettuce leaves

1 ounce grated Monterey Jack cheese

Directions:

Dressing

1. Combine everything in large mixing bowl or blender and mix until combined.

Salad

2. Bring a large pot of water to a boil. Add asparagus and boil 2 minutes, until bright green. Drain and chop asparagus.

3. Place asparagus, shrimp, lemon, and prepared dressing in medium mixing bowl. Toss to combine and refrigerate.

4. Meanwhile, combine red pepper, green onion, and parsley in small mixing bowl.

5. To serve, drain shrimp mixture and arrange on plate with lettuce and cheese. Serve with bell pepper mixture atop shrimp and asparagus.