Wild Shrimp and Arugula Salad

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 4

Nutrition Information Per Serving

313.8 calories, 12.89 g carbohydrate, 2.95 g fiber, 9.94 g NET carbs, 27.26 g protein, 16.74 g fat

Ingredients

- 10 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 1/2 cup(s) Eden Foods Organic Garbanzo Beans (Chick Peas)
- 1/2 Tbsp(s) chopped shallot
- 1/4 tsp(s) sea salt
- 2 Tbsp(s) lemon juice
- 8 cup(s) organic arugula
- 1/4 tsp(s) freshly ground black pepper
- 4 Tbsp(s) organic extra virgin olive oil
- 1 pound wild shrimp
- 1/2 tsp(s) mustard powder

Preparation

1. In a large stockpot, bring 6 cups of water to a boil.
2. Add the shrimp and cook 2-3 minutes until tails curl and shrimp turn pink.
3. Strain and rinse with cold water. Remove tails and set aside to cool.
4. Make the dressing. In a small bowl, whisk together the olive oil, lemon juice, shallot, mustard and stevia. Season with salt and pepper.
5. Divide arugula among plates. Top with chickpeas and shrimp.
6. Serve with dressing.

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