



California Salad with Shrimp, Grapefruit and Avocado

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

Nutrition Information Per Serving

319.8 calories, 13.5 g carbohydrate, 4.71 g fiber, 8.79 g NET carbs, 24.79 g protein, 19.43 g fat

Ingredients

- 1 Tbsp Primal Kitchen Mayonnaise
- 1/2 cup(s) sliced organic red onion
- 2 cup(s) chopped organic watercress, trimmed
- 1/2 tsp(s) sea salt
- 1/4 tsp(s) freshly ground black pepper
- 2 Tbsp(s) organic extra virgin olive oil
- 16 ounce(s) wild shrimp, peeled and deveined
- 1 whole pink grapefruit, peeled
- 1 medium avocado, sliced

Preparation

1. Separate the grapefruit into sections. Reserve three-quarters of the sections for the salad. Juice the remaining grapefruit in a small bowl.
2. Add olive oil, mayonnaise, salt and pepper to the grapefruit juice. Whisk well and set aside.
3. Bring a saucepan of water to a boil. Add shrimp. Remove from heat, and let stand for 5 minutes or until shrimp are pink and tails curl. Drain. Rinse with cold water. Drain again.
4. Arrange watercress, grapefruit, avocado, red onion and shrimp on plates. Drizzle with dressing.
5. Serve.

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