



Arugula and Shrimp Salad

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 1

Nutrition Information Per Serving

387.2 calories, 4.28 g carbohydrate, 1.3 g fiber, 2.98 g NET carbs, 24.83 g protein, 30.47 g fat

Ingredients

- 4 cup(s) organic arugula
- 4 ounce(s) wild shrimp, peeled and deveined
- 2 Tbsp(s) extra virgin olive oil
- 1/4 tsp(s) sea salt
- 1 Tbsp lemon juice

Preparation

1. In a medium stockpot, bring 4 quarts of water to a boil.
2. Add the shrimp and cook until pink and tails curls, about 3-6 minutes depending on size. Drain.
3. In a small bowl, whisk together the lemon juice, olive oil and salt.
4. Add the arugula and shrimp to a large mixing bowl, drizzle with dressing and toss to combine.
5. Serve.

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