

Spring Roll Salad

Ingredients

- 1.5 cup Romaine Lettuce
- 50 g Bell Pepper
- 50 g Red Cabbage
- 30 g Cucumber
- 30 g Carrot [optional]
- 3 g Fresh Chopped Basil
- 2 oz of Rice Noodles or Shiritaki Noodles [optional]
- 8 oz of Fresh Large Shrimp cooked in blackened seasoning

Low Calorie Thai Peanut Dressing

- 32 g Powdered Peanut Butter
- 4 g Zero Calorie Sweetener
- 17 g Reduced Sodium Soy Sauce
- 4 g Rice Vinegar



Directions:

1. Add all of the ingredients into a large bowl.
2. Make the Thai peanut dressing by adding the powdered peanut butter and zero calorie sweetener into a bowl mixing to avoid clumping. Slowly add cold water until a thick peanut butter consistency is achieved.
3. Add soy sauce and rice vinegar to the bowl and mix to form a dressing like consistency. Add more water if needed.
4. Toss the salad with the dressing.
5. Season shrimp with a blackened seasoning and cook through.
6. Add the hot shrimp to the top of the salad and enjoy!

Nutrition Facts:

Calories: 353; Carbs: 24 g; Fat: 5 g Protein: 56 g
*With Rice Noodles: Calories: 546; Carbs: 67 g;
Fat: 6 g; Protein: 56 g*