



# Citrus Shrimp Salad with Sugar Snap Peas and Romaine Hearts

## Servings

5

## Calories

410

## Prep Time

20 minutes

## Total Time

20 minutes

## Skill Level

Easy

## Ingredients

### Salad

4 cups Mann's Stringless Sugar Snap Peas

3 Mann's Romaine Hearts

3 oranges, medium

1 ½ pounds shrimp, cooked, tails off

1 small English cucumber, sliced

3 tablespoons mint, fresh

1 tablespoon tarragon

### Dressing

½ cup olive oil, extra virgin

¼ cup white wine vinegar

2 teaspoon Dijon mustard



## The Method

Using a zester or vegetable peeler, zest one of the oranges. Chop the zest very finely and place it in a large bowl. Whisk dressing ingredients together. Set aside in refrigerator to chill.



## Citrus Shrimp Salad with Sugar Snap Peas and Romaine Hearts

Using a sharp knife, remove the rest of the peel from the first orange, and all the peel from the remaining oranges. Working over the bowl to catch the juice, carefully cut out the orange segments. Add shrimp, Mann's Stringless Sugar Snap Peas, cucumber, mint and tarragon ingredients with chilled dressing. Gently toss to taste.

Cut ends off of Mann's Romaine Hearts. Separate leaves from the hearts and wash well with cold water. Pat dry with paper towels.

### **Nutrition Facts**

Serving Size: 534g | Servings: 5

### **Amount Per Serving**

Calories 410 | Calories from Fat 210 | Total Fat 23g (sat fat 3.5g trans 0g) | Cholesterol 255mg | Sodium 210mg | Total Carbohydrate 19g  
Dietary Fiber 7g | Sugars 9g | Protein 35g | Vitamin A 90% | Vitamin C 100% | Calcium 15% | Iron 10%