



Caribbean Kale Beet Crunch Salad

Servings

2

Calories

660

Prep Time

15 minutes

Total Time

35 minutes

Skill Level

Medium

Ingredients

- 1 tablespoon extra-virgin olive oil
- ½ teaspoon cumin
- 1 teaspoon cayenne pepper
- ¼ teaspoon white pepper
- ¼ teaspoon garlic, granulated
- ¼ teaspoon salt
- ½ pound wild-caught shrimp, peeled and deveined
- 1 (8 ounces) package Mann's Kale Beet Blend
- ½ red bell pepper, diced
- 1 small mango, diced
- 2 tablespoons chopped cilantro

For Dressing

- ¼ cup olive oil, extra virgin
- 3 tablespoons honey
- 1 tablespoon Dijon mustard
- 3 tablespoons apple cider vinegar
- juice of 1 lime
- zest of 1 lime
- salt, to taste

Combine all dressing ingredients in a small bowl and whisk until well combined. Set aside





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The Method

Heat oil in a small skillet over medium heat.

Combine cumin, cayenne, white pepper, garlic, and salt in a small mixing bowl and add the shrimp, tossing until evenly coated. Sauté the shrimp for about 2 minutes on each side, then remove from heat and set aside.

In a separate mixing bowl, toss Kale Beet Blend, bell pepper, mango, and cilantro and set aside.

To serve, toss salad with dressing and add the shrimp over the top.

Nutrition Facts

Serving Size 552g | Servings: 2

Amount Per Serving

Calories 660 | Total Fat 37g (sat fat 5g trans 0g) | Cholesterol 145mg | Sodium 1060mg | Total Carbohydrate 69g | Dietary Fiber 8g | Sugars 54g (Includes 26g Added Sugars) | Protein 20g | Vitamin D 0% | Calcium 10% | Iron 10% | Potassium 20%