



SHRIMP & FETA SALAD

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	28.8 gm cooked shrimp, chilled	3 (+3.0 gm fat)
	7.6 gm feta cheese, crumbled	0.7 (-0.7 gm fat)
Fat	26.3 gm olive oil	6 (+2.3 gm)
Carbohydrate	14.6 gm chopped cucumber	0.4
	8.4 gm chopped tomatoes	0.4
	1.1 gm chopped fresh parsley	0.1
	1.5 gm chopped fresh basil	0.1
	3.3 gm lemon juice	0.3
Other	Salt, pepper, and garlic powder	

DIRECTIONS

- On a cutting board, chop the vegetables and fresh herbs for the salad.
- In a small bowl, weigh all of the ingredients.
- Season to taste with salt, pepper, and garlic powder.
- Toss all of the ingredients to coat in seasonings and olive oil.
- Serve chilled.

VARIATIONS

- Proteins such as chilled chicken, salmon, tuna, or lobster can be used in place of shrimp.
- Feta cheese can be omitted or substituted with other cheeses such as goat or bleu cheese.
- Other oils can be used such as canola, avocado, or walnut oil.
- Any vegetables or fresh herbs can be used for this recipe.
- Lemon juice can be adjusted to a greater volume if a stronger citrus flavor is desired- similar to a ceviche.