

# **Roasted Vegetable & Shrimp Salad**

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**Servings: 6**

**Preparation Time: 20 minutes**

**Roast Time: 30 minutes**

- 2 large zucchini, cut into 1/2-inch slices on the diagonal**
- 2 summer squash, cut into 1/2-inch slices on the diagonal**
- 6 carrots, peeled and cut into 1/2-inch slices on the diagonal**
- 2 sweet red peppers, cored, seeds removed and cut into 1/2-inch slices**
- 10 tablespoons reduced-fat Italian dressing**
- 1/2 teaspoon black pepper**
- 1/4 teaspoon salt**
- 1 1/2 pounds medium-size shrimp, peeled and deveined**
- 6 cups watercress**
- 3 ounces reduced-fat feta cheese, crumbled**

Preheat oven to 450 degrees.

Spray two 15x11-inch baking pans with nonstick cooking spray.

Place zucchini, squash, carrots and red peppers in a large bowl. Toss with two tablespoons of the dressing.

Spoon the vegetables evenly into the prepared baking pans and season with pepper and salt.

Roast for 30 minutes, turning once after 15 minutes.

While the vegetables are roasting, place the shrimp in a resealable plastic food-storage bag with two tablespoons of the dressing. Shake to coat. Marinate in the refrigerator for 15 minutes.

Grill or broil the shrimp for 2 minutes per side. Set aside.

Evenly distribute the watercress among six large salad plates and top with roasted vegetables.

Drizzle each with one tablespoon of the remaining dressing.

Scatter the cooked shrimp and feta over each salad.

Serve immediately.

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Per Serving (excluding unknown items): 68 Calories; trace Fat (5.3% calories from fat); 3g Protein; 15g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 132mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 0 Fat.