

Salad

Shrimp Garden Salad

Publix Apron's

Servings: 4

1/2 cup La Choy Original Stir Fry Sauce-Marinade

3 tablespoons creamy peanut butter

3 tablespoons water

1 medium cucumber, peeled

6 cups romaine lettuce, shredded

3/4 cup carrots, shredded

8 ounces small cooked shrimp without tail, thawed if frozen

1/2 cup chow mein noodles

In a small bowl, stir together the stir fry sauce, peanut butter and water until blended to make the dressing. Set aside.

Cut the cucumber in half lengthwise. Remove the seeds. Cut the halves into 1x1/4-inch matchstick pieces.

Place 1 1/2 cups of lettuce into each serving bowl. Sprinkle each evenly with the cucumbers and carrots.

Place the shrimp in the center of each dish.

Spoon the dressing evenly over the salads.

Sprinkle with chow mein noodles.

Per Serving (excluding unknown items): 62 Calories; 2g Fat (27.1% calories from fat); 3g Protein; 10g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 42mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.