

Grilled Shrimp Salad with Sweet Tea Vinaigrette

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Servings: 6

Preparation Time: 16 minutes

Start to Finish Time: 1 hour 6 minutes

1 cup pecans, coarsely chopped

1 pound jumbo raw shrimp (16/20 count), peeled

1 tablespoon olive oil

2 large fresh peaches, cut into eight wedges each

1 6-ounce bag mixed baby salad greens

Sweet Tea Vinaigrette dressing (see recipe)

salt and pepper (to taste)

1 cup blue cheese, crumbled

Preheat oven to 350 degrees.

Bake the pecans in a single layer in a shallow pan for 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through.

Preheat a grill to 350 to 400 degrees (medium-high) heat.

Devein the shrimp, if desired, and toss with olive oil.

Grill the shrimp, covered, for 2 to 3 minutes on each side or just until the shrimp turn pink.

Grill the peach wedges for 1 to 2 minutes on each side or until grill marks appear.

Toss the salad greens with Sweet Tea Vinaigrette dressing.

Season with salt and pepper to taste.

Top with the grilled shrimp, peaches, blue cheese and pecans.

Serve immediately.

Per Serving (excluding unknown items): 221 Calories; 20g Fat (77.5% calories from fat); 6g Protein; 7g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 264mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 1/2 Fat.