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# Blackened Barbecue Shrimp Salad with Orange Dream Shakes

*Publix Aprons*

Servings: 4

Start to Finish Time: 30 minutes

## SHAKES

**3 to 4 large oranges (for juice)**

**3 tablespoons orange blossom honey**

**1 cup ice cubes**

**3 cups vanilla ice cream**

## SALAD

## INGREDIENTS

**1 pound large shrimp, peeled and deveined**

**nonstick aluminum foil**

**1 large orange**

**1/3 cup cinnamon toasted almonds**

**1 1/2 tablespoons barbecue seasoning**

**1 teaspoon blackening seasoning**

**large zip-top plastic bag**

**1 tablespoon cinnamon sugar**

**5 ounces spring mix salad blend**

**1/2 cup dried sweetened cranberries**

**1/2 cup crumbled blue cheese**

**1/4 cup + 2 tablespoons Vidalia onion dressing**

Preheat the oven to broil. Thaw the shrimp, if needed.

Line two baking sheets with foil.

Peel the orange. Cut it into 1/2-inch-thick slices. Chop the almonds.

In a bag, combine the barbecue and blackening seasonings. Add the shrimp and shake to coat evenly. Arrange the shrimp in a single layer on a baking sheet (wash your hands). Broil for 5 to 6 minutes until the shrimp turn pink and opaque.

Place the orange slices on a second baking sheet. Sprinkle with the cinnamon sugar. Broil the oranges for 3 to 4 minutes or until the sugar has caramelized.

In a salad bowl, combine the remaining ingredients (except two tablespoons of dressing), tossing to coat the greens. Transfer to a serving platter. Top the salad with the shrimp and orange slices. Drizzle with the remaining two tablespoons of dressing. Serve.

Make the shakes: Squeeze the oranges for their juice. (1-1/2 cups). Add to a blender (in this order): orange juice, honey, ice cubes and ice cream. Process until smooth. Serve.

## Seafood

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*Per Serving (excluding unknown items): 406 Calories; 18g Fat (39.2% calories from fat); 30g Protein; 32g Carbohydrate; 1g Dietary Fiber; 229mg Cholesterol; 484mg Sodium. Exchanges: 3 1/2 Lean Meat; 0 Fruit; 3 Fat; 2 Other Carbohydrates.*