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“Shrimp Salad w/ Creamy Cucumber Dressing”

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Dairy Council of Utah/Nevada

Ingredients:

- 3/4 pound cooked peeled shrimp (medium, 61-70 ct)
- 6 taco shell bowls, optional
- 6 cups salad greens of choice
- 2 cans (15 oz.) kidney beans
- 6 small tomatoes or 2-3 medium tomatoes cut into slices
- 1 avocado, sliced into 12 slices
- 1 1/2 cups Creamy Cucumber Dressing (see below)

Method:

Cook shrimp according to preference: grill, sauté, or steam.*

Arrange salad greens on serving plate, bowl, or in optional taco shell. Drain and rinse kidney beans; place on salad greens. Slice each tomato into a small tomato flower (or tomato slices), arrange on beans. Add cooked shrimp; garnish with sliced avocado and drizzle with dressing.

CREAMY CUCUMBER DRESSING

- 3/4 cup reduced fat sour cream
- 3 tablespoons mayonnaise
- 1 cup chopped cucumber
- 1/4 cup minced celery
- 2 tablespoons minced green onion
- 2 tablespoons lemon juice
- 1 tablespoon sweet pickle relish
- 1/2 teaspoon salt
- 1/4 teaspoon Old Bay seasoning
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried tarragon

Combine all ingredients. Best to refrigerate 2-3 hours before serving to blend flavors. Makes approximately 1 1/2 cups dressing

* NOTES: Using taco shells as a bowl will increase fat content of recipe. This recipe also tastes great rolled in a flour tortilla. I prefer to purchase raw shrimp and cook to my preference, but you may use frozen cooked shrimp or canned salad shrimp which as been drained and rinsed with cold water. Recipe serves 6

Nutrition Facts	
Serving Size 1/6 (389g)	
Servings Per Container 6	
Amount Per Serving	
Calories 330	Calories from Fat 130
% Daily Value*	
Total Fat 15g	22%
Saturated Fat 4g	19%
Cholesterol 125mg	41%
Sodium 860mg	36%
Total Carbohydrate 29g	10%
Dietary Fiber 8g	31%
Sugars 7g	
Protein 22g	
Vitamin A 20%	Vitamin C 30%
Calcium 10%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	