

SHRIMP & MANGO RICE SALAD

Makes 4 Servings

INGREDIENTS:

- 1 cup dried Jasmine or sushi rice
- 1 pound medium cooked shrimp, fresh or frozen, thawed
- 1 ripe mango, cut into 1/2-inch cubes
- 1/4 cup slivered almonds, toasted
- 10 fresh mint leaves, chopped (about 1 tablespoon)
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh lime juice (juice of half a lime)
- 2 teaspoons honey
- 1 garlic clove, minced
- 1/2 teaspoon kosher salt
- Freshly ground black pepper

DIRECTIONS:

Cook the rice according to package directions and set aside. Add the shrimp, mango, almonds, and mint and toss to combine. Whisk together the olive oil, lime juice, honey, garlic, salt, and pepper to taste and stir gently into the rice mixture. Serve warm or chill in the refrigerator for several hours before serving. Season with additional salt and pepper as desired.

NUTRITION:

310 calories, 9g fat (1g saturated, 0.6g omega-3), 170mg cholesterol, 290mg sodium, 32g carbohydrate, 2g fiber, 26g protein, 25% vitamin A, 15% vitamin C, 20% iron

Recipe Created by Liz Weiss, MS, RD, Meal Makeover Moms (<http://mealmakeovermoms.com>)

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