

Shrimp Confetti Salad Sandwich with Grapes

Grapes are a natural balance to this sweet and savory shrimp salad. Enjoy as a sandwich or over lettuce.

Ingredients:

1/2 pound frozen cocktail shrimp (thawed, peeled, and de veined)

1-8 oz can yellow corn kernels, no salt added, drained

1 cup black beans, no salt added, drained and rinsed

1 stalk celery, diced

2TBS chopped onion

2TBS reduced-fat mayonnaise

1/2 Tsp salt-free Caribbean citrus seasoning (like Mrs. Dash)

8 slices whole grain sandwich bread

2 tomatoes, thinly sliced

4 leaves Bibb lettuce or other leaf lettuce

Preparation:

Chop shrimp coarsely/ Mix together shrimp salad ingredients.

Divide salad evenly among 4 slices of bread; spread to edges of bread. Top with tomato slices, lettuce, and second bread slice.



Nutritional Information

Serves: 4

Calories: 330

Total Fat: 6g

Saturated Fat: 1g

% of Calories from Fat: 16%

Protein: 27g

Cholesterol: 115mg

Carbohydrates: 43g

Dietary Fiber: 8g

Sodium: 450mg