

Radicchio Salad with Lemon-Herb Grilled Shrimp Recipe

Check out this low-carbohydrate, high-protein salad that's perfect and light for the summer!



Ingredients

- 1 1/2 lb large peeled and deveined raw shrimp
- 1/2 cup fresh lemon juice (from 3 lemons)
- 1/2 cup extra-virgin olive oil, plus more for grill
- 2 tbsp minced garlic
- 2 tbsp chopped fresh parsley
- Coarse salt and ground pepper to taste
- 1 1/2 tbsp raspberry vinegar
- 1 1/2 tbsp minced fresh tarragon
- 1 tbsp minced shallot
- 1/3 cup extra-virgin olive oil
- 1 head radicchio, torn into bite-size pieces
- 3 cups mixed baby greens
- 2 cups bite-size pieces frisée or curly endive

Preparation (serves 4)

1. In a small bowl, combine lemon juice, oil, garlic, parsley, salt and pepper. Place shrimp and lemon mixture into a resealable plastic bag; seal bag and shake to coat shrimp. Refrigerate 1 hour.
2. Meanwhile, make vinaigrette: In a small bowl, whisk together vinegar, tarragon and shallot. Gradually whisk in oil. Season to taste with salt and pepper. (Vinaigrette can be made 1 day ahead. Cover and chill. Bring to room temperature and re-whisk before using.)
3. Heat grill or grill pan to high. Remove shrimp from marinade. Grill until opaque throughout, 2 to 3 minutes per side.
4. Combine shrimp, radicchio, baby greens and frisée in large bowl. Add vinaigrette and toss to coat. Season with salt and pepper.

Nutrition (per serving)

Calories 539; fat 35g; saturated fat 5g; cholesterol 319mg; sodium 370mg; carbohydrate 11g; fiber 2g; protein 45g; calcium 156mg

Source: Kat Barefield, MS, RD

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