



Tropical Chopped Salad with Shrimp

We use English cucumbers so you can skip the step of seeding regular cucumbers.



Photo by: Randy Mayor; Jan Gautro

YIELD: 4 servings

COURSE: Main Dishes, Salads

Ingredients

2 cups packaged Italian-blend salad greens

2 cups chopped bottled mango

1 1/4 cups chopped peeled English cucumber

1 cup cherry tomatoes, halved

1 tablespoon rice vinegar

1 teaspoon kosher salt

1/2 teaspoon crushed red pepper

1 1/2 pounds medium shrimp, cooked and peeled

1 cup diced peeled avocado

1 tablespoon chopped cashews

Preparation

Combine first 8 ingredients, tossing well. Place 2 cups salad on each of 4 plates; top each serving with 1/4 cup avocado and 3/4 teaspoon chopped cashews.

Nutritional Information

| Amount per serving |
|---------------------------|
| Calories: 317 |
| Calories from fat: 29% |
| Fat: 10.2g |
| Saturated fat: 1.7g |
| Monounsaturated fat: 4.6g |
| Polyunsaturated fat: 2.2g |
| Protein: 36.7g |

| |
|---------------------|
| Carbohydrate: 21.1g |
| Fiber: 3.3g |
| Cholesterol: 259mg |
| Iron: 6.8mg |
| Sodium: 747mg |
| Calcium: 119mg |
| |

Cooking Light OCTOBER 2004

Go to full version of

[Tropical Chopped Salad with Shrimp recipe](#)

Copyright © 2011 Time Inc. Lifestyle Group. All Rights Reserved. Use of this site constitutes acceptance of our [Terms of Use](#) and [Privacy Policy](#).