



## Arugula Salad with Shrimp and Grapes

**Active Time:** 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

### Nutrition Information Per Serving

243.7 calories, 10.4 g carbohydrate, 1.29 g fiber, 9.11 g NET carbs, 24.72 g protein, 11.55 g fat

#### Ingredients

- 1/8 cup(s), chopped organic celery
- 1/4 cup organic green grapes, halved
- 1/4 Tbsp chopped organic sweet onion
- 1/10 tsp(s) sea salt
- 1/10 cup(s) fresh basil leaves, thinly sliced
- 1 1/4 cup(s) organic arugula
- 1/4 Tbsp chopped walnuts
- 1/4 pound wild shrimp, peeled and deveined
- 1/4 Tbsp organic apple cider vinegar
- 1/2 Tbsp(s) extra virgin olive oil
- 1/5 tsp(s) organic Dijon mustard

#### Preparation

1. First, prepare dressing. Combine 1/3 of the grapes, vinegar, olive oil, dijon&nbsp;mustard, onion and salt in a blender or Magic Bullet. Process until smooth.
2. Cook shrimp. Bring 4 cups filtered water to a boil in a large saucepan. Add shrimp; cook&nbsp;2 minutes or until tails curl and shrimp turn pink. Drain and rinse with cold water; pat dry.
3. Place shrimp, celery, arugula, remaining grapes, and basil in a large bowl.
4. Drizzle with dressing; toss gently to coat. Top with walnuts.
5. Serve.

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