

# LOADED SHRIMP COBB SALAD

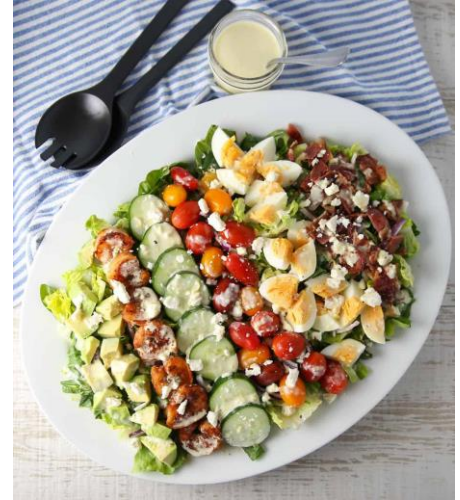
*Serves 4*

## INGREDIENTS

- 3 cups Bibb or red leaf lettuce
- 1 pint cherry tomatoes, halved
- 1 small cucumber, sliced
- 2 cups green beans, steamed & cut into bite-sized pieces
- 1 fennel, roasted
- 4 hard-boiled eggs
- 3-4 slices pasture-raised bacon
- 2 Tbls. Cajun seasoning
- ½ lb. wild caught shrimp
- 1 Tbls. olive oil
- Optional toppings: blue or feta cheese, salty pepitas, dill, avocado

### **Dressing:**

- Juice of 1 lemon
- 2 Tbls. olive oil
- 3 Tbls. red wine vinegar
- 2 tsp. Dijon mustard
- 1 tsp. garlic powder
- ½ tsp. sea salt



## INSTRUCTIONS

1. Prepare hard-boiled eggs, bacon, fennel & green beans per ingredient list. This can be done days in advance.
2. Toss shrimp in a large bowl along with Cajun seasoning.
3. Heat large sauté pan with oil then add shrimp and cook 2-3 minutes per side.
4. In a separate large bowl, toss greens, tomatoes & cucumbers with ½ of the dressing. Divide salad amongst 4 plates. Top with cooked vegetables, sliced egg & cooked shrimp. Drizzle with remaining dressing. Top with crunched up bacon and any other optional toppings.

## NOTES

- All ingredients can be prepared ahead of time and simply assemble the salad and add dressing when ready to eat.

## NUTRITION

Per serving: 650kcal; 15g carb; 34g protein; 45g fat; 10g saturated fat; 15g fiber; 4g sugar