

## **Atkins Mexican Shrimp and Vegetable Salad**

This flavorful recipe is based on Rick Bayless's Shrimp Salpicon from "Salsas That Cook." We've substituted lower-carb turnips for the potatoes.

**Prep time:** 30 minutes    **Bake/Cook time:** 10 minutes

### **INGREDIENTS:**

- 4 turnips (about 1 lb), trimmed/peeled/cut into 1/2" cubes
- 1 medium carrot, peeled/cut into 1/2" cubes
- 3 TBS olive oil
- 3/4 C green salsa
- 2 lbs medium-large shrimp, peeled/de-veined
- 1 medium tomato, cored/cut into 1/2" dice
- 1 head Boston lettuce, separated into leaves, washed and dried
- 1 ripe avocado, peeled/pitted/cut into 1/2" cubes
- 4 TBS chopped fresh cilantro

### **DIRECTIONS:**

1. In medium saucepan, cook turnips + carrot in lightly salted boiling water 7-8 minutes till crisp-tender. Drain and rinse under cold water. Pat dry.
2. Heat oil in large skillet over medium-high heat - add salsa - cook 5 minutes till slightly thickened. Add shrimp - cook 2 minutes. Stir in vegetables- cook 2 minutes more till shrimp are just cooked and vegetables are heated through
3. Arrange lettuce leaves on individual serving plates. Top with shrimp mixture - garnish with avocado cubes and cilantro.

Servings: 6

**Carbohydrates: 11 grams**

**Net Carbs: 7 grams**

**Fiber: 4 grams**

**Protein: 21 grams**

**Fat: 13 grams**

**Calories: 249**