

EASY SHRIMP & PEA SALAD

Source: Seafood - A Collection of Heart-Healthy Recipes (J. Harsila & E. Hansen)

INGREDIENTS:

1 16 oz package frozen peas
1 tsp dill weed
1/4 C red onion, chopped
1 C cooked shrimp, peeled/de-veined
2 TBS mayonnaise
1/2 C low-fat yogurt

DIRECTIONS:

Mix all ingredients together. This salad is a wonderful & easy addition to any meal

Makes 8 servings

[per serving: 100 calories; 3.3 g fat; 70 mg sodium; 40 mg cholesterol]