



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Shrimp Offers Big Benefits

Shrimp offers a low-calorie, source of high-quality protein.

They're also a source of omega-3 fats, selenium, iodine, vitamin B12, zinc and copper.

The nutrients in shrimp are beneficial for thyroid, heart and overall health. In the past, shrimp has gotten a bad rep because of their high cholesterol content.

Research now shows saturated and trans-fat (not dietary cholesterol) negatively affect blood cholesterol.

Pair shrimp with nutrient-dense vegetables and leafy greens for a powerful lunch or dinner option. This delicious and satisfying salad offers a wealth of benefits. Mushrooms add more selenium and Vitamin D.

Avocados provide a good source of poly- and mono-unsaturated fats, dietary fiber, and folate. Eggs contribute similar nutrients as shrimp, with the addition of choline - which supports brain development.

Together, these ingredients offer superior nutrition!

Shrimp Cobb Salad with Smashed Potatoes and Mushrooms



Ingredients:

- 1 package steam-in-bag red potatoes
- 4 eggs
- 12 shrimp, peeled and deveined
- 4 cups baby spinach
- 2 cups baby arugula
- 1 to 1-1/2 cups yogurt-based dressing
- 8 ounces Baby Bella mushrooms, diced
- 1 cup cherry tomatoes, halved
- 1 avocado, peeled and sliced



Recipe (edited) and image courtesy of MushroomCouncil.com
was authored by Side Delights.

Directions:

1. Cook the steam-in-bag potatoes according to package instructions and cool slightly. Smash potatoes using a potato masher and set aside.
2. In a small pot, pour in about 3 inches of cold water. Gently place 4 eggs in the water and turn heat on to medium. When the water starts to boil, turn the heat off, cover, and set a timer for 6 minutes. When time is up, drain off boiling water, fill the pot with ice and add water. Allow the eggs to completely cool, then crack the shell, carefully peel, and cut in half lengthwise and set aside.
3. In a non-stick skillet over medium high heat, add oil and heat until rippling. Place shrimp in the skillet and cook for 30 to 45 seconds on each side. The shrimp are cooked when they're bright red. Remove from the skillet and allow to cool.
4. Assemble the salad. In four bowls, arrange 1 cup of baby spinach on one side and ½ cup of arugula on the other side. Drizzle dressing on top of the greens. Top each bowl with a generous portion of smashed potatoes, 1 egg, 3 shrimp, a handful of diced mushrooms, cherry tomatoes and avocado slices.