

Spinach and Shrimp Salad

Makes 2 servings

Ingredients:

- 1 cup Baby Spinach
- ½ cup Baby Arugala
- 12 raw medium to large shrimp (cleaned with head and tail off then rinsed and pat dried)
- 1 or 2 cloves of minced garlic
- 1 teaspoon of minced ginger
- ¼ small red bell pepper sliced thinly
- 1/3 cup garbanzo beans
- A few thinly sliced red onions
- ¼ cup shredded carrots
- 3 sliced strawberries
- 3 tablespoons balsamic vinegar glaze
- 4 tablespoons olive oil
- ½ tablespoon butter
- 1/8 teaspoon of each: Old Bay seasoning (If you don't have old bay then add Himalayan salt or seasoning salt), garlic powder, onion powder, cumin, ground black pepper, old bay, Italian dried herbs, Berber seasoning (If you don't have Berber seasonings just add 1/8 teaspoon of smoked paprika)
- 1 tablespoons lime juice
- 1 tablespoon of soy sauce
- 1 tablespoon of cooking sherry or white wine

Directions:

- On a plate, place spinach and arugula leaves. Then add sliced onion and bell peppers. Add shredded carrots, garbanzo beans and strawberries. Sprinkle a pinch of salt and ground black pepper over everything and then set aside.
 - In a cup place lime juice, soy sauce and sherry (or white wine) set aside
 - Place rinsed and dried shrimp on plate. Drizzle 1 teaspoon of olive oil over shrimp, then season with all powdered seasonings. Massage oil and seasonings into shrimp until everything evenly coats shrimp.
 - In a frying pan over medium heat, add 1 tablespoon of olive oil and 1 tablespoon of butter. When oil mixture is hot, add minced ginger and garlic. Stir in pan for 5 seconds or so. Add seasoned shrimp in one layer spread out in pan. Let cook on each side for about 3 minutes. Then pour in liquid mixture of lime juice, soy sauce and sherry. Stir for 1 or 2 minutes and remove from heat. Taste shrimp for seasoning. Place shrimp on salad. Drizzle 1 teaspoon of olive oil and 1 or 2 tablespoons of balsamic glaze over salad.
- NOTE: All seasonings can be added to your taste preference.



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