

SATURDAY MARKET

July 14, 2007 Demo Recipe:

“Shrimpsational” Caribbean Salad

Submitted by Tanner Kohn, Grand Prize winner of the Fresh Express-Do Something™ Teens for Greens “Amazing Search for Fresh” Salad Recipe Challenge

Salad Ingredients:

1 10-ounce package Fresh Express Hearts of Romaine
1 pound medium cooked shrimp, peeled & de-veined
1 15-ounce can black beans, rinsed and drained
1 cup fresh pineapple, cubed (or 1 8-ounce can diced pineapple, drained)
1 red bell pepper, seeded and sliced into rings
4 tablespoons sweetened coconut, lightly toasted
Fresh chopped cilantro

Dressing Ingredients:

½ cup fresh lime juice (1 large lime)
½ cup honey
2 tablespoons olive oil
2 tablespoons minced onion
2 tablespoons chopped fresh cilantro
2 teaspoons Caribbean Seasoning

*Shopping Tip: Be sure to get some local honey from the Piedmont Beekeepers, and try the fresh South Carolina shrimp at Geechie Seafood! Also, always remember to buy your veggies from one of the many produce vendors at the Market!

Directions:

Place all dressing ingredients in small bowl of food processor; process until smooth. In medium bowl toss shrimp with half of dressing; set aside. Reserve remaining dressing.

Arrange equal portions of Hearts of Romaine on each of 4 plates; top with shrimp. Arrange beans and pineapple around shrimp on each salad. Top each salad with 2 red pepper rings. Drizzle reserved dressing evenly over each salad and garnish with toasted coconut and cilantro. Serve Immediately. Serves 4.

Judges Comments

Great tang: sweet/sour of lime/honey very fresh tasting.
Very appealing looking, great colors.
Nice combo of textures, colors, shapes