

Grapefruit and Shrimp Salad

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Wow, does this salad taste like summer. It's got fruits, veggies, lean protein, and a fabulous light vinaigrette. Perfect for lunch or a light dinner out on the patio under the sun.

Ingredients:

- 1 pound medium shrimp, shelled
- 1 tablespoon sesame oil
- 1 tablespoon honey
- 2 tablespoons balsamic vinegar
- 1 tablespoon soy sauce
- ½ teaspoon hot chile oil
- 3 tablespoons vegetable stock or water
- 4 cups fresh spinach leaves, torn into bite-size pieces
- 2 small pink grapefruit, peeled and sectioned
- 4 scallions, thinly sliced

Directions:

1. Bring large pot of salted water to a boil. Add shrimp and cook until pink, 2 to 3 minutes. Drain and allow to cool.
2. In a small bowl, make the dressing by whisking together the sesame oil, honey, balsamic vinegar, soy sauce, chile oil, and stock.
3. Arrange spinach leaves on a serving platter; sprinkle with a few tablespoons of dressing.
4. Position the grapefruit sections and cooked shrimp over spinach and drizzle with the remaining dressing. Garnish with scallions.