

# Oh My Pad Thai Shrimp Salad

Chef Sean Lane of Homegrown

RECIPE MAKES: 1 SERVING

## INGREDIENTS

- 4 cups chopped romaine
- ¼ cup julienne carrots
- ¼ cup bean sprouts
- ½ cup red cabbage
- ½ cup zucchini ribbons
- ¼ cup snap peas
- 1 Tbsp. toasted almonds
- Fresh cilantro, as wanted
- 1/6 lemon, squeeze
- 6 Citrus Shrimp (1 squeeze lemon + 1 squeeze lime)
- 1/3 serving on Spicy Thai Almond Dressing

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(566g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>340</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 17g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 17g	
Vitamin D 0mcg	<b>0%</b>
Calcium 295mg	<b>25%</b>
Iron 6mg	<b>35%</b>
Potassium 489mg	<b>10%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## PREPARATION

1. If necessary cut up all the ingredients prior to beginning
2. Prepare the dressing (utilizing the recipe sheet provided)
3. If necessary prepare shrimp by mixing with lemon and lime juice prior to cooking
4. In a large bowl combine all the ingredients including dressing and mix thoroughly
5. If desired chop accordingly
6. Serve immediately
7. Enjoy!

Healthy Options

