

Chopped Shrimp Salad

with Apple and Sweet Potato

Chop all of the ingredients into bite-sized pieces so you can get the perfect balance of every ingredient in each and every bite. We especially love this light and crunchy salad for its combination of seasonal apple, sweet potato and creamy Meyer lemon dressing.



Ingredients

- 8 Ounces Shrimp
- 1 Apple
- 3 oz. Watercress
- 1 Bunch Chives
- 1 Bunch Tarragon
- 1 Celery Stalk
- 1 Garlic Clove
- ½ Head Iceberg Lettuce
- 1 Meyer Lemon
- 1 Sweet Potato
- ¼ Cup Mayonnaise

Makes 2 Servings
About 665 Calories Per Serving



Instructions



1 Prepare the ingredients:

Heat a small pot of water to boiling over medium heat. Wash and dry the fresh produce. Medium dice the apple, lettuce, sweet potato and watercress. Mince the chives and tarragon. Peel and mince the garlic, smashing until it resembles a paste. Use a knife to cut off the lemon peel and mince finely to make zest (or use a grater). Slice the lemon into wedges and deseed.



2 Blanch the sweet potato:

Add the **diced sweet potatoes** to the boiling water. Cook them for 4 to 6 minutes, or until they are tender and can be easily pierced with a fork. Drain thoroughly.



3 Sauté the shrimp:

Heat a little olive oil in a pan over medium-high heat. Season the **shrimp** with salt and pepper and cook for about 30 seconds to 1 minute per side, or until the shrimp are opaque and have just turned pink.



4 Make the dressing:

In a small bowl, combine the **mayonnaise, garlic puree, lemon zest, lemon juice, tarragon** and **all but a pinch of the chives** (reserve some for garnish). Slowly whisk in **2 tablespoons olive oil** until well combined; season with salt and pepper to taste.



5 Chop the shrimp:

When cool enough to handle, chop the **cooked shrimp** into bite-sized pieces.



6 Make the salad:

In a bowl, combine the **lettuce, watercress, celery, apple, cooked sweet potatoes** and **shrimp**; season with salt and pepper to taste. Add some of the dressing and toss to coat. (You may have extra dressing.) Garnish with the **remaining chives**. Enjoy!