

Mexican Shrimp Cobb Salad

Oshkosh Community YMCA

Mexican Shrimp Cobb Salad is a beautifully layered salad with shrimp, avocados, grilled corn, black bean salsa, cucumbers, tomatoes and cheese.

INGREDIENTS:

For the Shrimp:

- 16 oz cooked large shrimp, peeled
- chipotle chili powder, to taste
- 1 tbsp lime juice
- kosher salt, to taste

For the Salad:

- 6 cups romaine lettuce, shredded
- 15 oz black beans, rinsed and drained
- 1 cup grilled corn kernels
- 2 tbsp red onion, divided
- 2 tbsp cilantro, chopped
- 1/2 lime, juice of
- 1 seedless cucumber, diced
- 2 cups diced tomatoes
- 1 ripe hass avocado, diced
- 1 cup reduced fat Sargento Mexican Blend shredded cheese



INSTRUCTIONS:

1. Rinse shrimp and chop into large chunks. Toss shrimp with a little salt, chipotle chili pepper, and fresh lime juice.
2. Combine drained beans, corn, red onion, cilantro, lime juice and salt to taste.

3. In a large glass trifle dish or clear bowl, layer salad ingredients starting with the lettuce, black bean mixture, cucumber, tomatoes, avocado, cheese and shrimp on top.
4. Serve with your favorite dressing.

NUTRITION

Serving: 2 cups, Calories: 267.5 kcal, Carbohydrates: 24 g, Protein: 28 g, Fat: 9 g, Saturated Fat: 3 g, Cholesterol: 157.5 mg, Sodium: 578.5 mg, Fiber: 8 g, Sugar: 4 g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.