



Shrimp Avocado Salad Recipe for Fresh Flavors

Introduction

Shrimp and Avocado Salad is a refreshing and nutritious dish that is perfect for a light lunch or dinner. Packed with protein from shrimp, healthy fats from avocado, and a medley of vegetables, this salad is both satisfying and full of flavor. The homemade cilantro lime dressing adds a zesty touch, making it a delightful addition to any meal.

Detailed Ingredients with measures

For the salad:

- 1 pound medium shrimp, peeled and deveined
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 teaspoons Cajun seasoning
- Kosher salt and freshly ground black pepper, to taste
- 8 cups chopped romaine lettuce
- 1 cup cherry tomatoes, halved
- 1 cup canned corn kernels, drained
- 1 cup canned black beans, drained and rinsed
- $\frac{1}{4}$ cup chopped fresh cilantro leaves
- 1 avocado, halved, peeled, seeded, and diced
- 1 cup tortilla chips, crushed

For the cilantro lime dressing:

- 1 cup loosely packed cilantro, stems removed
- $\frac{1}{2}$ cup plain Greek yogurt
- 2 cloves garlic
- Juice of 1 lime
- Pinch of salt
- $\frac{1}{4}$ cup olive oil
- 2 tablespoons apple cider vinegar

Prep Time

15 minutes

Cook Time

8 minutes

Total Time

23 minutes

Yield

Serves 4

Instructions

1. Prepare the cilantro lime dressing: In a food processor, combine cilantro, Greek yogurt, garlic, lime juice, and a pinch of salt. Pulse until smooth, about 30 seconds to 1 minute. With the motor running, slowly add olive oil and apple cider vinegar until the mixture is emulsified. Set aside.
2. Cook the shrimp: Preheat the oven to 400°F (200°C). Lightly oil a baking sheet or coat it with nonstick spray. Place the shrimp in a single layer on the prepared baking sheet. Add olive oil, minced garlic, and Cajun seasoning. Season with salt and pepper to taste. Gently toss to combine. Roast in the oven until the shrimp are pink, firm, and cooked through, about 6-8 minutes.

See also Lemon Blueberry Loaf

3. Assemble the salad: In a large bowl, place the chopped romaine lettuce. Top with the cooked shrimp, cherry tomatoes, corn, black beans, and chopped cilantro. Pour the prepared cilantro lime dressing over the salad and gently toss to combine. Stir in the diced avocado.

4. Serve: Serve immediately, garnished with crushed tortilla chips if desired.

Enjoy your Shrimp and Avocado Salad!

Detailed Directions and Instructions

Prepare the cilantro lime dressing:

In a food processor, combine cilantro, Greek yogurt, garlic, lime juice, and a pinch of salt. Pulse until smooth, about 30 seconds to 1 minute. With the motor running, slowly add olive oil and apple cider vinegar until the mixture is emulsified. Set aside.

Cook the shrimp:

Preheat the oven to 400°F (200°C). Lightly oil a baking sheet or coat it with nonstick spray. Place the shrimp in a single layer on the prepared baking sheet. Add olive oil, minced garlic, and Cajun seasoning. Season with salt and pepper to taste. Gently toss to combine. Roast in the oven until the shrimp are pink, firm, and cooked through, about 6-8 minutes.

Assemble the salad:

In a large bowl, place the chopped romaine lettuce. Top with the cooked shrimp, cherry tomatoes, corn, black beans, and chopped cilantro. Pour the prepared cilantro lime dressing over the salad and gently toss to combine. Stir in the diced avocado.

Serve:

Serve immediately, garnished with crushed tortilla chips if desired.

Notes

Ingredient Variations:

Feel free to customize the salad by adding other veggies such as bell peppers or cucumbers.

Serving Suggestions:

This salad pairs well with a light white wine or a refreshing iced tea for a complete meal.

See also Poppy Seed Cake

Storage Tips:

Store leftover salad in an airtight container in the refrigerator. It's best consumed within a day for optimal freshness.

Prepping Ahead:

You can prepare the dressing and shrimp in advance to save time. However, add the avocado and crushed tortilla chips just before serving to maintain texture.



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Cook techniques

Sautéing Shrimp

Sautéing shrimp is a quick and easy method that brings out the natural sweetness of the seafood. A hot skillet with a bit of oil ensures uniform cooking and enhances flavor.

Roasting Shrimp

Roasting shrimp in the oven allows for even cooking and a slight caramelization. Ensure the shrimp are in a single layer for best results and keep an eye on them to prevent overcooking.

Emulsifying Dressing

To create a smooth and creamy dressing, blend all ingredients in a food processor. Gradually adding oil while the processor is running helps achieve a well-emulsified texture.

Chopping Vegetables

When preparing salad ingredients, ensure even chopping sizes for better presentation and easier eating. Use a sharp knife for clean cuts, particularly for leafy greens and soft items like avocado.

Garnishing with Tortilla Chips

Crushed tortilla chips add a delightful crunch and texture contrast to the salad. Sprinkle them just before serving to maintain their crispness.

FAQ

Can I use frozen shrimp for this recipe?

Yes, you can use frozen shrimp. Just be sure to thaw them properly and pat them dry before cooking.

What can I substitute for Greek yogurt in the dressing?

You can substitute Greek yogurt with sour cream or an alternative non-dairy yogurt if you want a lighter option.

Is it necessary to use Cajun seasoning?

Cajun seasoning adds a distinct flavor, but you can substitute it with any preferred seasoning blend such as Old Bay or simply salt and pepper.

See also Chocolate Cherry Dump Cake

Can I make the salad in advance?

You can prepare components like the dressing and shrimp ahead of time, but it's best to assemble the salad just before serving to prevent wilting.

What other vegetables can I add to this salad?

Feel free to add any of your favorite vegetables such as diced bell peppers, cucumbers, or radishes for added flavor and texture.

Conclusion

This Shrimp and Avocado Salad is a delightful and nutritious dish that combines the rich flavors of roasted shrimp with fresh ingredients like romaine lettuce, cherry tomatoes, and creamy avocado. Drizzled with a zesty cilantro lime dressing, it's perfect for a light lunch or dinner. The combination of textures and flavors in this salad is sure to please any palate, making it a go-to recipe for healthy eating.

More recipes suggestions and combination

Quinoa and Black Bean Salad

Combine cooked quinoa, black beans, diced bell peppers, corn, cilantro, and a lime vinaigrette for a protein-packed, vegetarian option.

Grilled Chicken Caesar Salad

Substitute grilled chicken for shrimp and toss with romaine lettuce, homemade Caesar dressing, croutons, and shaved Parmesan for a

classic twist.

Asian Shrimp Salad

Use shrimp marinated in soy sauce and sesame oil, then paired with napa cabbage, carrots, and a ginger dressing for a vibrant, Asian-inspired salad.

Tropical Fruit and Shrimp Salad

Mix fresh mango, pineapple, and lime with roasted shrimp for a refreshing tropical flair, served over mixed greens.

Chickpea and Avocado Salad

For a vegetarian alternative, combine chickpeas, diced avocado, cherry tomatoes, cucumber, and a lemon-olive oil dressing for a filling salad option.



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