

Shrimp Confetti Salad Sandwich with Grapes

Rating: ★★★★★

Prep time: 15 minutes

Makes: 4 Servings

Grapes are a natural balance to this sweet and savory shrimp salad. Enjoy as a sandwich or over lettuce.

Ingredients

- 1/2 pound** frozen cooked cocktail shrimp (thawed, peeled, and deveined)
- 1** 8-oz can yellow corn kernels (no salt added, drained)
- 1 cup** canned black beans (no salt added, drained and rinsed)
- 1** stalk celery (diced)
- 2 tablespoons** chopped onion
- 2 tablespoons** reduced-fat mayonnaise
- 1/2 tablespoon** salt-free Caribbean citrus seasoning
- 8** slices whole-grain bread
- 2** tomatoes (sliced)
- 4** leaves Bibb lettuce or other leaf lettuce

Directions

1. Chop shrimp coarsely.
2. Mix together shrimp salad ingredients (everything except for the bread, tomato slices, and lettuce).
3. Divide salad evenly among 4 slices of bread; spread to edges of bread.
4. Top with tomato slices, lettuce, and second bread slice.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	330	
Total Fat	6 g	9%
Protein	27 g	
Carbohydrates	43 g	14%
Dietary Fiber	8 g	32%
Saturated Fat	1 g	5%
Sodium	450 mg	19%

MyPlate Food Groups

Vegetables	3/4 cup
Grains	2 ounces
Protein Foods	3 ounces

Notes

Serving Suggestions: Serve with a glass of non-fat milk and a red grape cluster.

Tips for selecting and storing grapes:

- Grapes are fully ripe when they arrive at the supermarket.
- Look for plump grapes with pliable green stems.
- Keep grapes unwashed and refrigerated in a plastic bag until ready for use, then rinse with cold water and serve, or add to recipes.

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