



Healthy Eating & Weight Loss

Shrimp and Mango Salad

- 3 Tbsp orange juice
- 2 Tbsp Lime Juice
- 1 Tbsp Honey
- 1 tsp Dijon Mustard
- 1 tsp olive oil
- 1/4 tsp salt
- 1 pound peeled, cooked medium to large shrimp
- 2 ripe mangoes, peeled and cut into bite-size chunks
- 1/4 cup coarsely chopped fresh mint
- 4 cups baby spinach, washed and drained

Whisk together orange juice, lime juice, honey, mustard, oil and salt in a large bowl. Stir in the shrimp, mangoes and mint. Arrange spinach on a platter and top with shrimp-mango mixture. Serves 4

223 calories per serving, 25 g protein

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