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[Strawberry Salad with Grilled Shrimp](#)

Shrimp and strawberries make for an unexpected, flavored and savory combination

Although extremely tasty, shrimp has long been seen as a nutritional no-no for the more heart-conscious among us, mainly because of its high cholesterol content. However, recent studies conducted at the Rockefeller University Hospital have confirmed that the cholesterol content of shrimp is no reason for us to panic - on the contrary. Shrimp is low-fat and lean and a typical serving (about 3 ounces) of steamed or grilled shrimp only contains about 80 calories. Plus, "skinny" shrimp have only one gram of total fat per serving, which is less than a skinless chicken breast. As a result, today we'll be looking at a rather unusual combination - grilled shrimp with strawberry salad. Given the high anti-oxidant content of the strawberries and the savory flavor of the grilled shrimp and added seasonings, this tasty treat is a spring and summer must-have. Give it a try and you'll enjoy the double benefit of a tasty and healthy dish.

What we need for the salad: 2 cups sliced strawberries 1 lb shrimp, cleaned and de-veined 2 oz low-fat cheese 2 small green onions, sliced 2 cups baby spinach, rinsed and dried 2 cups aromatic green rocket salad (argula), rinsed and dried 3 tbsp pecans, toasted and chopped

What we need for the dressing: 2 tablespoons balsamic vinegar 1 tablespoon olive oil 1 tablespoon honey mustard 1 tablespoon freshly chopped basil Salt and freshly ground pepper

How we do it: In a large bowl, put together all the salad ingredients except the shrimp and mix them gently (preferably with a wooden spoon). Prepare the dressing: put the mustard and vinegar together in a bowl and whisk until they become thoroughly blended. Add the olive oil and do the same, then add the salt, pepper and fresh basil. The next step is to grill the shrimp - add it to the heated grill for three to five minutes on each side, making sure it's cooked thoroughly (one easy hint is the slightly charred look it has when it's done). Divide the salad among four bowls and add a quarter of the grilled shrimp on top of the salad in each bowl. Add the dressing and serve immediately.

One serving contains: 251 calories 23 g protein 12.5 g carbohydrate 12.8 g fat (4 g saturated fat) 177 mg cholesterol 2.5 g fiber 306 mg sodium