

Shrimp & Arugula Salad

Copyright © 2010 by Carolyn Flemister
Cooking With Carolyn

Ingredients

Yield: 2 Servings

- 2-3 Tablespoons Extra Virgin Olive Oil
- ½ Pound Medium Shrimp, raw, peeled, deveined
- **To Taste Grand Diamond All Purpose Seasoning**
- 4 Cups Arugula Lettuce, washed
- ¾ Cup Roasted Corn, fresh or frozen then thawed
- 1- Whole Roasted Pepper, chopped
- 2- Hearts of Palm Stalks, sliced

Directions

Preheat a medium size skillet over medium to medium-high heat. Pour the olive oil into the skillet and allow to heat for about 1 to 2 minutes. Season the shrimp with Grand Diamond All-Purpose Seasoning to taste. Next add the seasoned shrimp to the pan and sauté for about 3 to 4 minutes or until they are pink and curled up. Once done, set aside to cool.

Next, combine the arugula, corn, roasted pepper and hearts of palm in a large bowl and toss well. Add the cool shrimp to the ingredients and toss once more. Divide the salad and shrimp onto 2 dinner plates. (Note: If the salad is going to be served immediately you can toss it with the **Roasted Garlic & Lemon Vinaigrette** to taste otherwise wait until it's time to dine.)