

Broiled Shrimp Over Black Bean-and-Corn Salad

Marinated shrimp:

1/3 cup fresh lime juice
1/4 cup thawed orange juice concentrate
2 tablespoons low-sodium soy sauce
2 tablespoons Worcestershire sauce
2 tablespoons honey
1 garlic clove, minced
2 pounds large shrimp, peeled
Cooking spray

Salad:

2 cups coarsely chopped tomato
1/2 cup sliced green onions
1/3 cup chopped fresh cilantro
1 (15-ounce) can black beans, rinsed and drained
1 (15.25-ounce) can whole-kernel corn, drained
1 jalapeno pepper, seeded and chopped
1/4 cup fresh lime juice
2 tablespoons olive oil
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/8 teaspoon black pepper

To prepare marinated shrimp, combine first 6 ingredients in a large zip-top bag. Add shrimp to bag; seal. Marinate in refrigerator 1 hour, turning occasionally. Remove shrimp from bag; discard marinade. Preheat broiler. Place shrimp on a broiler pan coated with cooking spray. Broil 4 minutes or until shrimp are done.

To prepare salad, combine tomato and next 5 ingredients (tomato through jalapeno) in a large bowl. Combine 1/4 cup lime juice, oil, cumin, salt, and black pepper in a small bowl; stir with a whisk. Pour dressing over bean mixture; toss well. Spoon salad onto each of 6 plates; top with shrimp.

Courtesy of:
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