

Spinach Salad with Shrimp and Bacon

Courtesy of Carole's Creations

Prep & Cooking Time: 30 minutes

Serves: 4

CChints: You can often buy shrimp on sale and still frozen from your supermarket. Buy 2 pounds frozen and take out 1 pound for this recipe. You will still have 1 pound on hand in the freezer when you need it for another recipe. If the shrimp has been frozen before you buy it, it can not be re-frozen.



2 slices lean bacon, any flavor
1 pound large shrimp, peeled and deveined
5 cups, pre-washed, bagged spinach, packed tightly as you measure
1 cup cherry or grape tomatoes, halved -Cut them first and then measure 1 cup
2 Tablespoon plain low-fat yogurt
2 Tablespoon balsamic vinegar
2 Tablespoon extra-virgin olive oil
Salt and pepper to taste

Cook bacon in a large nonstick skillet over medium heat until crispy. During this time, gather other ingredients. Add spinach and tomatoes to a large mixing bowl and set side.

Remove bacon from the pan and drain on a few layers of paper towels. Keep 1 teaspoon of the bacon drippings in the pan to cook the shrimp. Add the shrimp to the pan and sauté for 5 minutes, stirring 3-4 times to make sure shrimp is cooked through. They are done when the turn pink and begin the curl. Remove shrimp from the pan and drain on a paper towel while you make the dressing.

In a small bowl, whisk together the yogurt, vinegar and oil. Add shrimp to the spinach mixture and pour on the dressing. Toss to coat the entire salad with the dressing and sprinkle with salt and pepper.

Divide the salad among 4 plates. Crumble the bacon and evenly sprinkle it over the top of each salad.