



SHRIMP AND SALMON POTATO SALAD

ingredients:

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| 8 ounces cooked peeled salad shrimp | 2 teaspoons sugar |
| 12 ounces salmon filets | 1/3 cup white wine vinegar |
| Juice of 1 lemon, divided | 1/2 cup fat-free mayonnaise |
| 1 1/2 pounds baby red potatoes, scrubbed | 6 medium green onions, thinly sliced |
| 3 Tablespoons olive oil | 3 stalks of celery, finely chopped |
| 3 Tablespoons Dijon-style mustard | 6 small radishes, thinly sliced |
| 1 teaspoon freshly ground black pepper | 3 Tablespoons fresh cilantro, finely chopped and divided |

directions:

1. Preheat oven to 375° F. Line a sheet pan with aluminum foil. Place the salmon filet(s) on the sheet pan, skin side down, and drizzle half of the lemon juice over the salmon. Put another sheet of foil on top of the filets, and fold to seal around the edges. Bake for 15 minutes. Remove the filet(s) from the foil packet and remove skin(s). Set aside to cool.
2. Place potatoes in a 4-quart pot and cover with water. Bring to a boil. Boil for 20 minutes, or until tender. Drain potatoes and cut into quarters.
3. Mix olive oil, mustard, black pepper, sugar and vinegar together in a large bowl. Add in the quartered potatoes while still warm.
4. In a medium bowl, mix mayonnaise, green onions, celery, radishes, 2 Tablespoons cilantro and remaining lemon juice. Add mayonnaise mixture to potatoes and stir to coat.
5. Gently flake salmon into large pieces and stir into potato mixture along with shrimp.
6. Before serving, sprinkle with remaining cilantro.

Yield: 6 servings

Nutrition Information Per Serving:

296 Calories
9.5 grams Fat
1.5 grams Saturated Fat
97 mg Cholesterol
466 mg Sodium
29 grams Carbohydrates
2.5 grams Fiber
24 grams Protein

Food exchanges:
2 bread, 3 protein



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