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Shrimp Avocado Mango Salad

The fresh ingredients and variety of flavors in this salad make it a meal you'll want to have over and over. Not only is this a colorful dish, it's packed with healthy nutrients like monounsaturated fats, vitamin C, antioxidants, and potassium. Your taste buds will have a party and your body will thank you for the healthy choice you made with this recipe!

Prep Time: 15 min. Cook Time: 5 min.

Serving size: 1 salad

Recipe makes 1 serving

Ingredients

2 tbsp extra-virgin olive oil

2 cloves garlic, minced

12 shrimp, peeled and deveined

Salt to taste

2 cups spinach

1/2 mango, chopped

1 avocado, cubed

Dressing:

1 tbsp extra-virgin olive oil

Lemon juice from 1/2 lemon

1 tsp Bragg's Liquid Aminos

Directions

1. Sauté shrimp in a pan with the olive oil and garlic until pink. Remove from heat and season with salt.
2. Put spinach, mango, and avocado together in a large bowl. Add the shrimp.
3. In a small bowl, mix the olive oil, lemon juice, and liquid aminos together for the dressing.
4. Pour the dressing over the salad and serve!