

Decision Day 5 (Lunch)

Poached Shrimp Salad (serves 4)

16 pieces of large shrimp
1 lemon
1 lime
1/2 bunch of fresh parsley
1/4 Cup salt
1 Cup cucumber chopped
1 avocado sliced
3 Cups arugula or spinach
1/2 Cup grape or cherry tomatoes halved
1/2 Cup fresh lemon juice
1/4 Cup olive oil
S & P to taste

1. Bring 3 cups of water up to a boil with lemon and lime cut in half and 1/4 cup salt.
2. Add shrimp and parsley and cook 1-1 1/2 minutes.
3. Strain and set aside.
4. Once shrimp cools, toss with tomatoes, cucumber, avocado, and arugula.
5. Mix olive oil and lemon juice and drizzle over salad, season to taste.