

SOUTHWESTERN CHOPPED SALAD

SERVES 4

In a blender, puree $\frac{1}{2}$ **avocado**, 2 Tbsp **fat-free Greek yogurt**, $\frac{1}{2}$ cup **cilantro**, and $\frac{1}{4}$ cup each **fresh lime juice** and **water**. Toss dressing with 1 head chopped **romaine lettuce**, then fold in one 15-oz can **low-sodium black beans** (rinsed) and 1 each sliced **cucumber** and **red pepper**.

Season 1 lb **shrimp** with $\frac{1}{2}$ tsp each **paprika**, **salt**, and **pepper**; cook in 1 Tbsp **olive oil**. Serve on salad and top with tortilla strips (sliced **corn tortillas** baked at 400°F to crisp).

PER SERVING 295 cal, 8.5 g fat (1 g sat fat), 136 mg chol, 435 mg sod, 27 g pro, 31 g car, 13 g fiber

