Shrimp and Cannellini Bean Salad with Classic Vinaigrette

I love this recipe as a quick summer meal. I keep frozen shelled and deveined shrimp, canned beans, and shallots as staples in my kitchen. This recipe complies with my new mantra "beans and greens most every day". The basic recipe has tomatoes, shallots and lettuce. I like to add whatever vegetable I have on hand to the mix. Right now my summer garden is busily producing Armenian cucumbers and their firm texture and mildly sweet flavor complement the salad well. Let me know if you would like a copy of UA Life & Work Connections' "Healthy Foods Inventory". It's a list of basic items to include on your shopping list and keep in the pantry for quick-fix meals. Send me an email and I will attach a copy of the inventory with my reply. -- Jodi Charvoz, MEd, RD, jcharvoz@email.arizona.edu

Ingredients (Makes 4 servings)

2 Tbs. red wine vinegar
1 Tbs. Dijon mustard
1 Tbs. chopped fresh parsley (or other fresh herb - fresh basil would be tasty)
1 Tbs. chopped fresh chives
1 tsp. minced garlic
¼ tsp. sugar
¼ tsp. fresh ground black pepper
¼ tsp. salt
5 Tbs. extra-virgin olive oil
2 cups (15-16oz. can) cannellini beans, no added salt, rinsed and drained
2 Roma tomatoes; cut into a medium dice (about 1 cup)
½ cup peeled; chopped cucumber (if using Armenian cucumber, it does not need to be peeled)
1 large shallot, thinly sliced into rings (about ¼ cup)
12 jumbo shrimp (about ¾ pound), peeled and deveined
1 medium head red leaf lettuce, washed, dried and torn into bite-size pieces and 2 cups baby spinach (to make about 8 cups)

Mix the vinegar, mustard, herbs, garlic, sugar, pepper and salt in a bowl or container. Slowly whisk in 4 Tbs. of the olive oil. Set aside. In a large bowl, combine the beans, tomato, shallot, and cucumber. Add 3 Tbs. of the vinaigrette and stir gently to combine.

Toss the shrimp with the remaining 1 Tbs. of oil and season with fresh ground black pepper and a pinch of salt if desired. Cook shrimp on the grill on a grill pan or sauté on the stove until opaque throughout, about 6 to 8 minutes (do not overcook!)

Toss the lettuce and spinach with the remaining vinaigrette to taste. Portion the lettuce mix on individual plates, spoon the bean mixture on top of the greens and top each salad with the shrimp. Sprinkle with additional fresh parsley or chives if desired.

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