

# Shrimp and White Bean Salad

Serves 8

5 T. olive oil  
1 ½ T. white wine vinegar  
1 t. dried oregano  
1 t. Dijon mustard  
1 clove garlic, pressed  
sea salt and fresh ground black pepper to taste  
1 lb. medium shrimp, peeled and deveined  
two 15 oz. cans of Strianese cannellini beans  
4 oz. arugula, washed and crisped

1. In a large bowl, whisk together the 3 T. olive oil, vinegar, mustard and half of the oregano. Season with salt and pepper and set aside.
2. In a large skillet, heat remaining 2 T. olive oil over medium-high heat and add in shrimp, then garlic. Sauté shrimp for 3-4 minutes or just until they turn opaque. Season with salt, pepper and remaining oregano.
3. Remove from heat. Add the drained beans and half of the dressing. Adjust seasoning if needed.
4. Toss arugula with the remaining dressing and place the shrimp and bean mixture on top. Serve family style on decorative platter.

Nutrition (per serving based on 8 servings): 277 calories; 30% calories from fat; 9.5g total fat; 103.6mg cholesterol; 129.4mg sodium; 715.7mg potassium; 28.0g carbohydrates; 6.2g fiber; 0.4g sugar; 21.8g net carbs; 20.5g protein.