

CARIBBEAN SHRIMP & BLACK BEAN SALAD

1 lb cooked, peeled & de-veined med shrimp	2 T vegetable oil
1 15 oz can black beans, drained & rinsed	2 T honey
1 small green bell pepper, cut into short, thin strips	2 T lime juice & 1 t zest
	½ t salt
½ c thinly sliced celery	Lettuce leaves
1/3 c very thinly sliced small red onion rings	2/3 c Picante sauce
1 c cherry tomato halves or plum tomato quarters	
2 T chopped fresh cilantro	

In a large bowl, combine shrimp, beans, bell pepper, celery and onion. In a small bowl, combine picante sauce, cilantro, oil, honey, lime zest and juice and salt, mix well. Pour over shrimp mixture; toss lightly to coat. Cover and chill at least 2 hrs, tossing occasionally.

Line serving platter with lettuce, spoon salad onto lettuce and garnish with tomatoes. Serve with additional picante sauce.

Makes 6 servings.

Calories: 232, Carbohydrate: 23 grams, Protein: 20 grams, Fat: 7 grams.