



Light Meal

Spicy Shrimp and Cheddar Spinach Salad

Preparation Time: 30 Minutes

Cook Time: 10 Minutes

Serves: 4

Ingredients:

- 12 medium raw shrimp
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1 teaspoon fresh lime juice
- 2 tablespoons water
- 4 cups fresh spinach, stems removed
- 2 green onions, trimmed and sliced diagonally
- 1 teaspoon vegetable or canola oil

- Salt and black pepper to taste
- 1/4 cup sweet yellow frozen corn, thawed
- 4 ounces Cabot 50% light jalapeno cheddar cheese, cubed
- 2 tablespoons snipped fresh chives

Nutrition Facts Per Serving

- Calories: 161
- Total Fat: 6 g
- Protein: 14 g
- Dietary Fiber: N/A

Cooking Instructions:

1. Preheat oven to 450°. Halve shrimp lengthwise and spread in single layer in shallow baking pan. Combine chili powder and salt and sprinkle evenly over shrimp. (Shrimp may be prepared to this point up to 3 hours ahead and refrigerated, covered.) Drizzle shrimp with lime juice and roast in middle of oven until just cooked through, about 5 minutes.
2. In large non-stick skillet, bring water to simmer over medium heat; add spinach and cook, stirring, until slightly wilted, about 20 seconds. Remove from heat and immediately stir in green onions and oil until well combined. Season with salt and pepper. Divide spinach among 4 plates, mounding it in center, and surrounded with smaller mounds of shrimp, corn and cheese. Sprinkle all over with chives.

Recipe provided by Cabot Creamery, 3aday.org

Breakfast Tip

Take turns managing breakfast. If the kids can help, give them one day of the week to plan. The 'planner' is responsible for getting breakfast and making sure everyone eats. They can also clear the table, collect garbage, and rinse the dishes. It's fun to be in charge!

Lunch Tip

Pack cottage cheese and salsa for a refreshing topping for rye crackers.

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