



Spicy Asian

By Kelly Jameson

SHRIMP AND

Mango Salad

Weighing your options for dinner tonight? This healthy salad was inspired by a photo, which I analyzed, dissected and recreated in my kitchen as a healthy alternative to help kick off my healthy New Year. After one bite, I was convinced this year's resolution just might stick around for a while. See if you agree.

SPICY ASIAN SHRIMP AND MANGO SALAD

SERVES 4

- 2 large, firm mangoes, peeled and cubed
- 3 tbsps thinly sliced green onion
- 1 medium red bell pepper, julienned
- 1/2 cup bean shoots
- 1/3 cup lime juice
- 2 tbsps fish sauce (you can use soy sauce if necessary)
- 1 clove garlic, minced
- 1 small hot chile (like a Serrano, or jalapeno), seeded and minced
- 1 lb shrimp (medium to large), cooked, peeled, deveined and chilled
- 4 cups greens (romaine works well)
- 1 bunch of cilantro, stems trimmed, for garnish
- Sesame seeds, for garnish

Combine green onion, bean shoots, lime juice, fish sauce, garlic and chile in a bowl. Mix in cubed mango. Toss mixture with the shrimp and serve over a bed of greens. Top with cilantro and sesame. ❁