



## *Shrimp Salad*

*With this light & flavorful bariatric recipe for shrimp salad, you'll get in your protein for the day, feel full, but not feel bogged down.*

### **Ingredients:**

- 1 tsp horseradish sauce
- 2 Tbps low-fat sour cream
- 1 Tbsp dijon mustard
- 1 tsp honey  
(or sugar-free syrup)
- 1 Tbsp lemon juice
- 1 Tbsp parsley
- 8 oz shrimp (cooked, peeled, deveined, tails removed)
- 1/4 cup diced red bell peppers
- 1/4 cup sweet corn kernels
- 1/4 cup diced onions
- 1/4 cup dice tomatoes

### **Directions:**

1. Blend horseradish, sour cream, dijon mustard, honey, and lemon juice together to create sauce.
2. Mix shrimp and sauce into bowl.
3. Add bell peppers, sweet corn, diced onion, and tomatoes. Blend.
4. Add parsley and blend once more.
5. Serve and enjoy!



*"Good things come to people who wait, but better things come to those who go out and get them." - Unknown*