

Mediterranean White Bean and Shrimp Salad

25 minutes | 5 serving
Recipe Cost: \$14.31, \$2.86

Ingredients:

- Two, 15 ounce cans cannellini beans
- 1 cup sun-dried tomato vinaigrette, divided
- 8 ounces cooked shrimp
- 4 cloves minced garlic
- 1/3-1/4 cup chopped oil-packed sun dried tomatoes
- 1/3 cup finely chopped red onion
- 1 stalk celery, thinly sliced
- 1/4 cup thin slivers fresh basil

Sun-Dried Tomato Vinaigrette

- 1/2 cup olive oil
- 1/4 cup oil from oil-packed sun-dried tomatoes
- 3 tablespoons red wine vinegar
- 2 tablespoons chopped oil-packed



Directions:

1. Whisk all vinaigrette ingredients together in a small bowl. Set aside.
2. Drain beans and rinse. In a skillet on medium heat, add beans and 1/2 cup of the dressing. Heat until just warm. Then take skillet off heat and place beans in a medium-size bowl to allow beans cool and absorb the flavor of the dressing.
3. While beans are cooling, add shrimp to empty skillet with 1/2 cup of dressing, garlic, and sun dried-tomatoes. Cook on medium until shrimp is heated.
4. Add the onions and celery to cooled beans and toss.
5. Add shrimp to beans and toss in basil and red wine vinegar. Add extra vinaigrette as needed. Serve warm.

California Fruit Salad

10 minutes | 6 serving

Recipe Cost: \$10.07, \$1.68 per serving

Ingredients:

- 1 pound strawberries, hulled and halved
- 1/2 fresh pineapple, cut into chunks
- 1 apple, cored and diced
- 1 small bag of grapes
- Juice of 1 lime
- One, 5 ounce carton vanilla Greek yogurt



Directions:

1. Prepare all fruit according to directions above and place in a large bowl.
2. In a small bowl, mix together yogurt and lime juice to make dressing.
3. Add dressing to fruit. Fold together and serve.