

Italian Rice Salad With Shrimp

This salad is best when freshly made.

INGREDIENTS:

- 12 large unpeeled shrimp
- 1 cup Carnaroli rice
- 2 tablespoons extra virgin olive oil
- ½ cup minced heart of celery
- ½ cup minced red bell pepper
- ¼ cup minced red onion
- 12 green olives, pitted and coarsely chopped
- 1 tablespoon minced Italian parsley
- Sea salt and freshly ground pepper
- Juice of ½ lemon, or to taste

INSTRUCTIONS: Bring a large pot of salted water to a boil over high heat. Add shrimp;

boil until they turn pink, about 2 minutes. Drain, cool and peel. Cut into ⅓-inch pieces.

Bring another large pot of salted water to a boil over high heat. Add rice; cook until just tender, about 15 minutes. Test often. Drain and rinse under cool water. Drain again and shake dry. Transfer rice to a bowl. Add shrimp, olive oil, celery, bell pepper, onion, olives and parsley. Toss gently. Season to taste with salt, pepper and lemon juice. Serves 4

PER SERVING: 285 calories, 8 g protein, 42 g carbohydrate, 9 g fat (1 g saturated), 35 mg cholesterol, 336 mg sodium, 2 g fiber.