Pesto Shrimp, Field Greens, Avocado, and Orange Salad

Yield: 4 servings

Shrimp are a great seafood option known to be low in mercury and vitamin C from the oranges helps the body absorb iron from the greens.

Ingredients for Salad:

- 2 lbs. field greens of choice or a mix (arugula, endive, spinach, baby kale)
- 2 oranges, supremed and juice reserved (see this link on how to supreme citrus fruit)
- 1 lbs. jumbo or large shrimp, cleaned and shelled
- 3 Tablespoons pesto sauce
- 2 Tablespoons extra virgin olive oil
- 1 avocado
- 1□4 cup pumpkin seeds (optional)

Ingredients for the vinaigrette:

- 2 Tablespoons orange juice
- 2 Tablespoons fresh lime juice
- 1 small shallot, chopped
- 1 teaspoon grated ginger root
- 1 teaspoon Dijon mustard
- 2 Tablespoons fresh tarragon, chopped
- 1 Tablespoon maple syrup
- ¾ cup extra virgin olive oil
- ¼ cup white wine vinegar
- ¼ teaspoon sea salt
- Freshly ground pepper

Directions:

1. Make the vinaigrette by combining orange juice, lime

juice, vinegar, shallot, mustard, ginger, maple syrup, tarragon, salt and pepper. Drizzle in the olive oil until emulsified.

2. In a bowl, mix the shrimp with the pesto sauce and 2 tablespoons of olive oil. Let marinate for 10- 15 minutes. Heat a grill pan or sauté pan and grill/sauté the shrimp until done, about 1-2 minutes per side.
3. Mix the salad greens with the vinaigrette and divide into plates. You can also serve this salad on a single platter. (Make sure you mix the vinaigrette with the greens right before serving).
4. Top salad with the pesto shrimp, orange sections, sliced avocado and pumpkin seeds.
5. Serve immediately and enjoy!