

# Maryland Shrimp Salad

~ Quick and easy ~



~ make it for a special time  
or any time! ~

## Ingredients

- 1 pound cooked shrimp – either buy raw shrimp and sauté them briefly in a drop of olive oil as it's more flavorful but buying cooked is easy
- 2 tablespoons mayonnaise
- 2 tablespoons Greek yogurt
- 3 scallions finely chopped
- 1/2 teaspoon Old Bay Seasoning

## Directions

1. Pulse shrimp in a food processor until somewhat chunky, or leave shrimp whole if you prefer.
2. Transfer to bowl and fold in scallions, mayonnaise, and Old Bay.

**Servings per Recipe: 9**    **Serving size: 1/4 cups**

Per serving: 73 calories, 15g protein, 4g carbohydrate, 3g Fat

Recipe from <http://www.bariatriceating.com>