



Grilled Avocado Rice and Shrimp Salad

This salad provides a delicious combination of excellent textures and flavours from nutty rice to salty shrimp to creamy avocado. Avocados contain more than 20 vitamins and minerals, including high levels of potassium, folate, and fibre. They are also an excellent source of healthy monounsaturated fats.

Prep: 20 minutes • Total: 25 minutes

Ingredients:

avocado, sliced into quarters	1	1
green onions	2	2
baby shrimp	½ cup	125 mL
chopped red pepper	½ cup	125 mL
cooked brown rice	½ cup	125 mL
coconut sugar	1 tsp	5 mL
olive oil	½ tsp	2 mL
orange juice	¼ cup	60 mL
white miso	1 tbsp	15 mL
minced garlic	1 clove	1 clove
honey	½ tsp	2 mL

Directions:

1. Spray or brush your grill with olive oil and heat on high.
2. Sprinkle the coconut sugar over the avocado slices and place them on the hot grill along with green onions.
3. Grill, turning over once, until the avocado and onion are nicely caramelized and brown. Remove from heat and let cool before cutting into bite sized pieces and placing in a bowl filled with rice
4. Place shrimp on grill and cook for a couple minutes until done. Add to the bowl with other ingredients.
5. Whisk together the orange juice, miso, garlic, and honey.
6. Just before serving, pour the dressing and chopped red pepper over the avocado mixture and serve while warm.

Nutrition Facts

Serving Size (288g)	
Servings Per Container	
Amount Per Serving	
Calories 320	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 370mg	15%
Total Carbohydrate 32g	11%
Dietary Fiber 9g	36%
Sugars 8g	
Protein 16g	
Vitamin A 35%	• Vitamin C 130%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Adapted from: Clean Eating

Makes 2 servings

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