



# Chilled Grilled Shrimp Salad

Pasta and shrimp salad with such classic Italian ingredients as artichoke hearts, capers, feta cheese, spinach, tomatoes and Italian dressing makes any other salad seem bland.



**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Serves:** 4-6 entrée portions

## Ingredients:

12oz. Whole Wheat Penne Rigate	\$1.80
1 lb. med shrimp, peeled and deveined tail removed	\$6.30
1 cup Italian dressing	\$0.64
1 (14 oz.) can artichoke hearts, drained and sliced	\$2.52
2 Tbsp. capers	\$0.12
8 oz. feta cheese, crumbled	\$1.96
3/4 lb. roma tomatoes, diced large	\$1.20
2 cups fresh spinach, chopped	\$1.25
3 cups Italian dressing	\$1.92
1/2 tsp. black pepper	\$0.04
1/4 tsp. salt	\$0.02

**Total:** \$17.77

**ESTIMATED FOOD COST FOR 6:** \$2.96/serving

Chalk Board Menu Price: \$11.95

Gross Profit Per Plate: \$8.99

Food Cost % (for 6) 24.8%

*Estimated Profit - Your prices may vary slightly.*

## Directions:

1. Marinate the shrimp in 1 cup of Italian dressing for 1/2 hour. Drain the shrimp then grill, turning until just done, cool before adding to the salad (chicken breast could be substituted for shrimp)
2. Cook pasta according to package directions. When pasta is "al dente" drain in colander & rinse with cold water until cool to the touch. Toss pasta again to remove any excess water. Place pasta in large mixing bowl.
3. Toss with all remaining ingredients. Add the shrimp last, chill & serve.

**RECIPE NOTE:** Always rinse off Feta Cheese before crumbling, brine is very salty.