



Seafood Fiesta Salad

- 2 cans **Crown Prince Tiny Shrimp**, drained and rinsed
- 2 cans **Crown Prince Lump White Crab Meat**, drained and rinsed
- 1 envelope taco seasoning, divided in half
- ½ cup plus 3 tablespoons olive oil, divided
- 1 small onion, finely chopped
- 6 cloves garlic, minced
- 3 tablespoons red wine vinegar
- 2 tablespoons diced green bell pepper
- ½ teaspoon ground coriander
- ¼ teaspoon sugar
- 3 6-inch corn tortillas, cut into ¼ inch strips
- 1 8 ounce package ready to serve salad greens
- 1 medium tomato, chopped
- 1 8 ounce can black beans, drained and rinsed
- 2 cups finely shredded Colby-Jack cheese



Sprinkle shrimp and crab meat with half of the taco seasoning; set aside.

In another bowl, combine ½ cup oil, onion, garlic, vinegar, bell pepper, coriander and sugar; set aside.

In a skillet, stir-fry tortilla strips in remaining oil; drain on paper towels. Sprinkle with remaining taco seasoning.

In a large bowl, combine salad greens, shrimp, crab meat, tomato, beans and tortilla strips. Drizzle with dressing. Sprinkle with cheese and toss to combine.

Servings: 8-10

Per Serving: 152 Calories (49 calories from fat), 6g Fat, 5g Protein, 21g Carbohydrate, 5mg Cholesterol, 538mg Sodium