



## Shrimp Confetti Salad Sandwich with Grapes

Serves: 4

### Ingredients:

- ½ lb. frozen cooked cocktail shrimp (thawed, peeled, and deveined)
- 1 8-oz can yellow corn kernels, no salt added, drained
- 1 cup canned black beans, no salt added, drained and rinsed
- 1 stalk celery, diced
- 2 tbsp. chopped onion
- 2 tbsp. reduced-fat mayonnaise
- ½ tsp salt-free Caribbean citrus seasoning
- 8 slices whole-grain bread
- 2 tomatoes, thinly sliced
- 4 leaves Bibb lettuce or other leaf lettuce



### Directions:

1. Chop shrimp coarsely.
2. Mix together shrimp salad ingredients (everything except for the bread, tomato slices, and lettuce).
3. Divide salad evenly among 4 slices of bread; spread to edges of bread.
4. Top with tomato slices, lettuce, and second bread slice.

**Nutrition Facts:** Calories, 330; Calories from fat, 50; Total fat, 6g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 115mg; Sodium, 450mg; Total Carbohydrate, 43g; Fiber, 8g; Protein, 27g; Vit. A, 20%; Vit. C, 20%; Calcium, 15%; Iron, 20%.

Source: [www.choosemyplate.gov](http://www.choosemyplate.gov)

