

Shrimp Cobb serves 2

Ingredients:

- ½ pound cooked, deveined, and peeled shrimp
- 2 boiled eggs, peeled and quartered
- 4oz blue cheese (I like Roquefort for this, but you might like Maytag or another American blue), divided in half (*for South Beach, use 2oz low-fat cheddar or mozzarella*)
- 12 each grape tomatoes and pitted kalamata olives
- 1 ripe avocado, peeled, pitted, and sliced (*for South Beach, use 2/3 of an avocado*)
- 2 pieces of bacon, fried to a crisp and chopped
- 3 cups mixed greens (I like kale and spinach)
- Juice of half a lemon
- 1-2 tablespoons extra virgin olive oil (*for South Beach, skip dressing; avocado replaces oil allowance*)
- Kosher Salt and pepper

Directions: Set out two, large shallow bowls (I like pasta bowls for this.) and line each bowl with greens. Add shrimp at center of each bowl. Next, paying attention to color, contrast and texture, add the other ingredients (eggs through bacon) in clusters around the shrimp for each serving. Squeeze lemon juice over the salads and dust with a bit of salt and pepper. Drizzle each with olive oil. Serve immediately. (I like the lightness of the instant lemon vinaigrette here—so that you can taste all of the ingredients individually. Some people might want a heavier or more traditional Cobb dressing, which is French; others might like old-fashioned Thousand-Island or Blue Cheese dressing.)

