

## **Garlicky Shrimp Salad**

Submitted by Michelle Broussard-Hanes

*“For garlic lovers **only!**”*

### **Ingredients:**

¼ cup Smart Balance LIGHT with Flax (vegan)  
10-12 cloves of finely chopped garlic (an entire bulb)  
1.5 pounds of raw shrimp  
1 heaping tsp Basil  
1/8 cup water  
Seasoning blend of preference  
1 bag of Romaine lettuce

### **Directions:**

Melt the Smart Balance LIGHT with Flax. Immediately add the finely chopped garlic, lower heat/flame and sauté until garlic is soft. Add shrimp and coat in the cooked garlic. Cook shrimp for about 5 minutes. (Do not overcook). Add basil, seasoning blend of choice and 1/8 cup of water to create “gravy”. Allow shrimp dish to cool for about 5 minutes (so it will not overly wilt the salad greens). Empty contents of salad bag into a large bowl. Pour the warm garlicky shrimp and “gravy” over the salad greens and toss, ensuring the “gravy” has coated the salad, as it functions as the dressing. Serve immediately.

*“Let those of us who have wisely finished the course of fasting And who celebrate with love the beginning of the suffering of the Passion of the Lord, Let us all, my brothers, zealously imitate the purity of self-controlled Joseph; Let us fear the sterility of the fig tree; Let us dry up through almsgiving the sweetness of passion. In order that we may joyously anticipate the Resurrection, Let us procure like myrrh pardon from on high because the eye that never sleeps observes all things”.*

*St Romanos the Melodist*