



## Cauliflower Breaded Shrimp

### Ingredients:

- 1 ½ cups finely grated Cauliflower
- 3 tbsp Diet Right Cheddar Cheese Sauce, prepared
- 14 Large Shrimp; peeled and deveined
- 4 tbsp Walden Farms Honey Dijon Salad Dressing
- 2 tsp Olive Oil

### Directions:

1. Heat oven to 350° F. Cover baking sheet with parchment paper.
2. In a bowl, mix cauliflower with dry cheese sauce.
3. Coat Shrimp with Walden Farms Honey Dijon Salad Dressing; toss into cauliflower mixture.
4. In a nonstick skillet, heat oil, and cook shrimp one minute on each side.
5. Transfer shrimp to baking sheet and bake about 10 minutes.

Servings: makes 3 servings.

Each serving = 1 oz. lean protein, ½ cup select vegetables, 1 extra, 1 serving healthy fat, 1/3 protein product.

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