

"This is the perfect way to start a meal; the flavors are so bright," says Poppy.

Classic Louisiana Shrimp Salad

2½ qt. water
Salt
1 Tbsp. cayenne pepper
1 Tbsp. distilled white vinegar
2 lb. shrimp, shell on
½ cup mayonnaise
Juice of 1 lemon
2 Tbsp. red wine vinegar
¼ tsp. hot sauce
2 hard-boiled eggs, chopped
¼ cup finely chopped celery
Lettuce, avocado slices, hard-boiled-egg halves
and sliced grape tomatoes, for garnish



1. In a 4-quart saucepan, combine the water, 2 tablespoons salt, the cayenne and white vinegar, and bring to a boil. Add the shrimp, return to a boil and turn off the heat. Let sit 5 minutes, then drain. When cool enough to handle, shell the shrimp.
2. In a bowl, blend together the mayonnaise, lemon juice, wine vinegar and hot sauce. Stir in the shrimp, chopped eggs and celery. Season with salt to taste. Serve on lettuce leaves. Garnish with avocado, eggs and tomatoes if desired.

Makes 6 servings

Total time: 50 minutes

Per serving: 274 calories, 18 g fat, 1 g carbohydrates (0.1 g fiber), 26 g protein, 798 mg sodium