



Shrimp and White Bean Salad with Creamy Lemon-Dill Dressing

For a flavor variation, try arugula and basil in place of watercress and dill. You can also substitute chopped rotisserie chicken for shrimp.

Ingredients

3 tablespoons reduced-fat mayonnaise
2 tablespoons plain fat-free yogurt
1 tablespoon fresh lemon juice, divided
1 1/2 teaspoons chopped fresh dill
1/4 teaspoon salt, divided
1/4 teaspoon freshly ground black pepper
3/4 cup chopped fennel bulb
1/3 cup julienne-cut carrot
1/4 cup thinly vertically sliced red onion
1 1/4 pounds cooked peeled and deveined large shrimp
1 (15.5-ounce) can Great Northern beans, rinsed and drained
1 teaspoon extra virgin olive oil
4 ounces trimmed watercress (about 1 bunch)

Preparation

Combine reduced-fat mayonnaise, yogurt, 1 1/2 teaspoons lemon juice, dill, 1/8 teaspoon salt, and pepper in a large bowl, stirring well with a whisk. Add fennel and next 4 ingredients (through beans); toss well to combine.

Combine oil, watercress, remaining 1 1/2 teaspoons juice, and remaining 1/8 teaspoon salt in a large bowl; toss gently to coat. Divide watercress mixture evenly among 4 plates; top each serving with 1 1/2 cups shrimp mixture.

Serve with Dry Creek Vineyard's Fumé Blanc or Chenin Blanc.