

DINNER

Green Goddess Salad

22 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$3.96	161 kcal

Need a dairy free and pescatarian main course? Green Goddess Salad could be a super recipe to try. One portion of this dish contains approximately 23g of protein, 1g of fat, and a total of 161 calories. For \$3.96 per serving, this recipe covers 15% of your daily requirements of vitamins and minerals...

Ingredients

- ☐ 15 oz can artichoke bottoms, drained
canned
- ☐ 1 lb head iceberg lettuce , rinsed and drained
- ☐ 1/3 lb head radicchio , rinsed and drained
- ☐ 1¼ pounds shelled cooked tiny shrimp, rinsed and drained
- ☐ 6 servings Fresh tarragon sprigs
- ☐ 6 servings Breadsticks
- ☐ 6 servings Paper-thin red onion rings
- ☐ 6 servings Salt and pepper
- ☐ 6 servings Green Goddess dressing
- ☐ 1½ cups cherry or pear-shaped tomatoes (red, yellow, or a combination), rinsed, stemmed, and halved if larger than 1 inch
,, or a combination

Method

- 1

Cut iceberg lettuce lengthwise through core into 6 equal wedges. Also cut radicchio lengthwise into 6 equal wedges. Rinse and drain greens. Arrange 1 lettuce and 1 radicchio wedge on each dinner plate.

- 2 Place 1 artichoke bottom, cup side up, beside lettuce on each plate; reserve any extra for other uses. Mound shrimp equally in artichokes on plates, letting shrimp spill over edges. Arrange tomatoes alongside.
- 3 Spoon about half the Green Goddess dressing equally over salads.
- 4 Garnish with onion rings, tarragon sprigs, and breadsticks. Offer remaining dressing and salt and pepper to add to taste.

Nutrition per serving

161	23 g	1 g	16 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.3 g · 2% of daily needs
Fibre			3.5 g · 14% of daily needs
Sugar			5.3 g · 6% of daily needs
Sodium			554 mg · 24% of daily needs
Cholesterol			153 mg · 51% of daily needs
Vitamin C			14.4 mg · 17% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/green-goddess-salad-144425