
Oriental Shrimp Salad

Home Cookin - Junior League of Wichita Falls, TX - 1976

1 can (16 ounce) bean sprouts, drained
2 cups cooked shrimp
1 cup chow mein noodles
1/4 cup green onion
1 can (5 ounce) water chestnuts, drained and minced
1/4 cup minced celery
lettuce
DRESSING
3/4 cup mayonnaise
1 tablespoon lemon juice
1 tablespoon soy sauce
3/8 teaspoon ground ginger
1/2 teaspoon MSG

Rinse the bean sprouts in cold water.

Make the dressing: In a bowl, mix together the mayonnaise, lemon juice, soy sauce, ground ginger and MSG. Mix together thoroughly.

In a bowl, combine the bean sprouts, shrimp, noodles, onion, water chestnuts and celery.

Add the dressing to the salad and toss.

Serve on lettuce.

Yield: 4 to 6 servings

Per Serving (excluding unknown items): 1943 Calories; 159g Fat (71.1% calories from fat); 109g Protein; 37g Carbohydrate; 5g Dietary Fiber; 980mg Cholesterol; 3534mg Sodium. Exchanges: 2 Grain(Starch); 13 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 14 1/2 Fat.