



SHRIMP SALAD WITH AVOCADO

INGREDIENTS

12 ounces of shrimp (cooked, peeled, deveined and cut into pieces)
1 medium stalk of celery, finely diced
1/4 cup fresh basil, chopped
10 black olives, diced
2 tbsp. shallots, minced
2 tbsp. light mayonnaise
1 tbsp. red wine vinegar
Freshly ground pepper to taste
2 ripe avocados (peeled, pitted and halved or sliced)

DIRECTIONS

Combine shrimp, celery, basil, olives, shallots, mayonnaise, vinegar and pepper in a medium bowl and mix well.
Place avocado halves or slices on 2 different plates.
Top with the shrimp mixture and enjoy.



CALORIES: 453 • **PROTEIN:** 23 grams • **FIBER:** 15 grams
SERVING SIZE: 1/2 recipe • **SERVES:** 2