

Crab-Stuffed Avocado Salad

INGREDIENTS:

- ☐ 12 ounces lump crabmeat, or cooked shrimp, chopped if large
- ☐ ¼ cup mayonnaise
- ☐ 1½ tablespoons fresh lemon juice
- ☐ 1 tablespoon chopped fresh Italian parsley, tarragon or dill
- ☐ Salt and pepper to taste
- ☐ 4 to 6 ounces mixed salad greens or baby arugula
- ☐ ½ cucumber, halved and thinly sliced
- ☐ Lemon wedges
- ☐ Drizzle of olive oil
- ☐ 2 large firm-ripe avocados

INSTRUCTIONS: Pick through the crabmeat for cartilage, setting aside a few legs to garnish the plates. Gently fold together the crabmeat, mayonnaise, lemon juice and parsley. Season lightly with salt and pepper.

Distribute the salad greens among dinner plates and top with the cucumber slices. Drizzle some lemon juice over the greens, then drizzle with a little olive oil and season with salt and pepper.

Cut the avocados in half and remove the pits, then carefully remove the peel. Place a half avocado on each bed of greens and pile crab salad in each cavity.

Garnish the plates with the reserved crab legs.

Serves 4

