



Let's cook something delish!

Avocado and Shrimp Salad

Ingredients

4 servings

- 2 Tbsp fat-free, plain Greek yogurt
- 2 Tbsp canola oil
- 3 tsp lime juice
- ⅛ tsp salt
- ¼ tsp ground black pepper
- 1 small apple, cored and finely diced
- 1½ cups finely chopped celery (about 3 stalks)
- ½ cup chopped cilantro
- ¼ cup chopped scallions
- 1 lb large cooked, peeled shrimp, tails removed and chopped
- 1 avocado (pitted, peeled, diced)
- 4 large pieces Bibb lettuce (optional)

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Directions

1. In a large bowl, add yogurt, oil, lime juice, salt and pepper. Use a fork to whisk until combined.
2. Core the apple and finely dice it; finely chop the celery. Add both apples and celery into the bowl. Chop both the cilantro and scallions, adding into the bowl.
3. If tails remain on the shrimp, remove and discard each of them. Chop the shrimp and add to the bowl, mixing together to combine all the ingredients.
4. Slice the avocado in half and remove the pit. Use a knife to gently make a cross-hatch pattern into the avocado's flesh. Use a spoon to scoop out diced avocado from the flesh and add to the bowl.
5. Gently mix ingredients together. Serve immediately or chill salad in the refrigerator for a couple hours. If desired, spoon salad onto Bibb lettuce cups to serve.

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Nutrition facts: Calories: 247, Total fat: 10 g, Saturated fat: 1 g, Cholesterol: 214 mg, Sodium: 239 mg, Total Carbohydrate: 12 g, Fiber: 5 g, Total Sugars: 5 g, Protein: 29 g | American Heart Association®

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.