



## Zesty Avocado Shrimp Salad

SERVINGS: 4

PREPPING TIME: 15 MINS

COOKING TIME: 0 MINS

### INGREDIENTS

- 1 pound large cooked shrimp, peeled and deveined
- 2 ripe avocados, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 1 jalapeño pepper, seeded and minced
- 1/4 cup fresh cilantro, chopped
- Juice of 2-3 small limes
- 2 tbsp. olive oil
- 2 cloves garlic, minced
- 1 tsp. honey
- 1/4 tsp. Salt
- Black pepper to taste

### DIRECTIONS

1. In a large mixing bowl, combine the cooked shrimp, avocados, tomatoes, onion, jalapeño, and cilantro.
2. In a small bowl, whisk together the lime juice, olive oil, garlic, honey, salt and pepper.
3. Pour the dressing over the shrimp and avocado mixture. Toss gently.
4. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes to allow the flavors to meld together.
5. Before serving, give the salad a final toss. Taste and adjust the seasoning if necessary.
6. Serve the zesty lime shrimp and avocado salad on its own or over a bed of mixed salad greens for a lighter option.

### NUTRITION

Serving size: 1 serving (309g)  
(per serving) 360 calories, 22g fat, 3g saturated fat, 215mg cholesterol, 280mg sodium, 17g carbohydrate, 8g fiber, 4g sugar, 30g protein