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# Caribbean Crab Salad in Avocado

*Chef Patrick Mould*

*www.LafayetteTravel.com*

Servings: 4

**1/2 cup lemon juice**  
**2 tablespoons cane syrup vinegar OR white wine vinegar**  
**1 tablespoon minced garlic**  
**2 tablespoons fresh oregano, minced**  
**1 teaspoon black pepper**  
**1 teaspoon Cajun seasoning**  
**1 cup extra-virgin olive oil**  
**1 pound jumbo lump crabmeat**  
**1/4 red onion, thinly sliced**  
**2 avocados, halved & skin removed**  
**assorted lettuces**  
**4 tomatoes, sliced**  
**assorted veggies, sliced**

In a bowl, whisk together the lemon, vinegar, garlic, oregano, black pepper and Cajun seasoning until completely incorporated. Slowly whisk in the olive oil in a steady stream until all has been used.

In a bowl, gently toss the crabmeat and red onion in the olive oil dressing. Marinate in the refrigerator for one hour.

Place each avocado on a bed of lettuce. Garnish with tomato slices and veggies.

Divide the marinated lump crabmeat among the avocados. Drizzle dressing over the crabmeat.

## **Seafood**

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*Per Serving (excluding unknown items): 684 Calories; 70g Fat (87.8% calories from fat); 4g Protein; 18g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 76mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fruit; 14 Fat; 0 Other Carbohydrates.*