

Side Dish

Crab, Mango and Avocado Salad

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Palm Beach Post

Servings: 6

1/4 cup lime juice

3/4 cup olive oil

black pepper to taste

1 large mango, peeled and cubed into medium chunks; chilled

1 avocado, peeled, seeded and cubed into medium chunks; chilled

6 servings lettuce

1 pound lump crab meat, chilled

In a small bowl, mix the lime juice, olive oil and pepper.

Chill the vinaigrette.

In a bowl, combine the mango and avocado.

Pour on enough of the vinaigrette to coat and mix together.

Add the rest of the vinaigrette to the lettuce. Lightly toss to coat.

Arrange the lettuce on plates, mounding the avocado and mango combination on top.

Shred the crab meat to sprinkle over the avocado and mango.

Serve cold.

Per Serving (excluding unknown items): 328 Calories; 32g Fat (85.0% calories from fat); 2g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit; 6 1/2 Fat.