

Aquacate Relleno (Crab Stuffed Avocado)

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*1/2 fresh jalapeno pepper,
seeds and membranes
removed and chopped
(5 tablespoons) juice of five
limes
4 ripe Hass avocados
1 pound lump crabmeat,
drained
1/2 cup trinity mix (diced
onions, bell peppers, celery)
1/2 teaspoon Kosher salt
1/2 teaspoon pepper
1/2 cup reduced-fat
mayonnaise
1 tablespoon chili-lime
seasoning*

Cut the avocados in half. Discard the pits. Coat the avocados with two tablespoons of lime juice.

Drain the crab and pick clean.

In a medium bowl, combine the crab, trinity mix, salt, pepper, mayonnaise, jalapenos and remaining lime juice until blended.

Divide the crab mixture evenly among the avocado halves.

Sprinkle with seasoning.

Serve.

Per Serving (excluding unknown items): 717 Calories; 37g Fat (48.1% calories from fat); 82g Protein; 9g Carbohydrate; trace Dietary Fiber; 394mg Cholesterol; 2835mg Sodium. Exchanges: 0 Grain(Starch); 11 Lean Meat; 6 1/2 Fat; 1/2 Other Carbohydrates.