

# Crab Meat Avocado

*Chef Alyssa - Aldi Test Kitchen*  
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## **Servings: 6**

*2 cloves garlic, minced*  
*1 teaspoon Dijon mustard*  
*zest of one lemon*  
*juice of one lemon*  
*1/2 teaspoon salt*  
*1/2 teaspoon black pepper*  
*1/2 cup extra-virgin olive oil*  
*1/2 red pepper, diced*  
*1/2 yellow pepper, diced*  
*1/2 red onion, diced*  
*2 tablespoons chopped*  
*fresh parsley*  
*2 green onions, sliced*  
*2 packages (8 ounce) flake-*  
*style imitation crab meat*  
*3 avocados, halved and*  
*pitted*

In a medium bowl, whisk together the garlic, mustard, lemon zest, lemon juice, salt and pepper.

Slowly drizzle in the oil until emulsified.

Add the red pepper, yellow pepper, onion, parsley, green onions and crab meat. Toss to combine.

Divide the mixture evenly among the avocado halves.

Serve.

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Per Serving (excluding unknown items): 336 Calories; 34g Fat (85.0% calories from fat); 3g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 201mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 6 1/2 Fat; 0 Other Carbohydrates.