

Crab-Stuffed Avocados

Gail Vangundy - Parker, CO
TasteOfHome.com/simple - June/July 2019

Servings: 2

*1 can (6 ounce) crabmeat
(picked over), drained and
flaked
1/2 cup celery, sliced
1/2 cup shredded lettuce
3 tablespoons mayonnaise
1 teaspoon onion, finely
chopped
1/2 teaspoon lemon juice
1/8 to 1/4 teaspoon seafood
seasoning
1/8 teaspoon paprika
1 medium ripe avocado,
halved and pitted*

In a bowl, combine the crabmeat, celery, lettuce, mayonnaise, onion, lemon juice, seafood seasoning and paprika.

Spoon the mixture onto the avocado halves. Serve immediately.

Per Serving (excluding unknown items): 157 Calories; 18g Fat (93.9% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 7mg Cholesterol; 145mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.