

Citrus-Avocado Shrimp Salad

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Servings: 4

*1 pound medium shrimp,
tails removed, peeled and
deveined
(five tablespoons) juice of
five limes
1 bunch (one cup) fresh
cilantro, finely chopped
2 ripe Hass avocados
1 1/2 cups fresh pico de
gallo OR salsa
2 teaspoons hot pepper
sauce
2 1/4 teaspoons carne
asada seasoning
1 bag (9.25 ounce) corn
chips (for serving) (optional)*

Preparation Time: 10 minutes

Bring a large stockpot of water to a boil.

Squeeze the limes; chop the cilantro; peel, pit and cut the avocados into one-inch pieces. Cut the shrimp in half. (Wash your hands.)

Add the shrimp to the boiling water. Remove the pot from the heat. Cook the shrimp for 2 to 3 minutes, stirring gently, or until the shrimp are pink and opaque. Drain well.

In a large bowl, combine the lime juice, cilantro, avocado chunks, pico de gallo, hot sauce and seasoning until blended. Gently stir in the shrimp.

Chill the shrimp salad for 30 minutes or overnight.

Serve with chips, if desired.

Per Serving (excluding unknown items): 121 Calories; 2g Fat (15.2% calories from fat); 23g Protein; 1g Carbohydrate; trace Dietary Fiber; 173mg Cholesterol; 230mg Sodium. Exchanges: 3 Lean Meat; 0 Other Carbohydrates.