



Lump crab can be very expensive unless you know where to buy it! I buy mine in canned containers at Costco or Trader Joes. I pay an average of \$7.99 for a 16 oz. can. Shrimp is another misunderstood ingredient as it can be sold for too much money at some stores. However, if you shop around a little you can get it for about \$4 a pound. I usually buy raw, deveined, peeled shrimp but sometimes the shelled one costs less. It really is no big deal to peel and devein shrimp. It is kind of a pain but it is also a great way to make shrimp stock. Simply keep the shells!

This salad fed 6 of us so adjust your quantities accordingly. You will need:

1- 16 oz. can lump crab meat

1 pound peeled, deveined raw shrimp (if you really want to make this snappy go ahead and buy cooked shrimp)

1 tablespoon vinegar

1 Romaine lettuce heart, washed, dried and torn into bite size pieces

1 cucumber

2 avocados, sliced

3 hard boiled eggs, quartered

1 tomato, sliced

1 lemon, cut into wedges

Thousand Island dressing or any other dressing of your choice

Place a bowl full of ice water in the sink. Bring a large pot of water to a boil. Add 1 tablespoon vinegar. Add the shrimp and cook for 3 to 5 minutes, until shrimp is pink. Drain shrimp and immediately place in the ice water to stop the cooking process.

Place the lettuce on a plate. Arrange the rest of the ingredients on the lettuce. Serve with dressing on the side. Enjoy!

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