

# **Shrimp Salad Stuffed Avocados**

## **Ingredients:**

### **For the Shrimp:**

- 1/2 lime
- 1 bay leaf
- 1/2 teaspoon black peppercorns
- 1/2 pound deveined and peeled shrimp

### **For the Salad:**

- 2 tablespoons finely diced red onion
- 1 lime (you can use more if desired)
- 2 tablespoons chopped cucumber
- 1 tablespoon chopped cilantro
- 1 medium tomato, chopped
- 1 teaspoon olive oil
- Salt to taste

### **For the Avocado:**

- 1 medium avocado (halved and peeled)
- Lime juice and salt for drizzling

## **Instructions:**

### **1. Cook the Shrimp:**

- Bring a pot of water to a boil and add the lime, bay leaf, and peppercorns.
- Add the shrimp and cook until it is no longer opaque and starts to curl, about 5 minutes.
- Remove the shrimp and place them in a bowl of ice water to stop the cooking process.
- Tear off the tails and chop the shrimp into small pieces.

### **2. Prepare the Salad:**

- Place the diced red onions in a bowl and cover with lime juice. Let it sit for a few minutes to mellow the flavor.
- Add the chopped cucumber, cilantro, tomato, and olive oil to the bowl. Mix well and season with salt to taste.

### **3. Prepare the Avocado:**

- Halve and peel the avocado, then place it on a bed of greens.
- Drizzle with lime juice and sprinkle with salt.
- Fill the avocado cavity with the shrimp salad, ensuring to drizzle some of the leftover lime juice from the bowl.

4. **Serve:**

- Serve immediately and enjoy this fresh and delicious dish!

**Nutritional Information (Per Half Avocado):**

- **Calories:** 259.58 kcal
- **Total Fat:** 15 g
- **Total Carbohydrates:** 10.27 g
- **Protein:** 24.71 g

This dish is a healthy and flavorful option, perfect for a light meal or appetizer.