



HEALTHY RECIPES

Recipe for: Avocado Crab Salad

Ingredients:

- 1/3 cup chopped red onion
- 1/4 cup lime juice
- 1 tsp. olive oil
- Black pepper to taste
- 12 oz. lump crab meat
- 1 avocado, pitted, peeled and diced
- 1 pint cherry tomatoes, halved
- 1 yellow or orange bell pepper, diced
- 2 jalapeno peppers, diced fine
- 1 ½ cups corn kernels
- 2 Tbsp. chopped fresh cilantro

Directions:

In a small bowl, combine red onion, lime juice, olive oil and pepper. Set aside.

In a large bowl, combine crab meat, avocado, tomatoes, bell pepper, jalapeno peppers and corn. Add the red onion mixture to the crab meat. Add the cilantro and gently toss. Season with additional lime juice and black pepper to taste.

Yield: 6 servings

Submitted by: Caroline Sanchez - City Manager's Office
