

Avocado Shrimp Salad



Prep:

5 minutes

Total:

15 minutes

Sirve:

10 - 1 cup servings

Pieza:

Saladmaster Food Processor
6.5 Qt. Double Walled Bowl

Valora: ★★☆☆☆

Contribuido por:

Diana Valenciano

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Descripción de la Receta:

This easy to make and delicious salad is the perfect refreshing treat on a summer day. Pair with some tortilla chips or tostadas for an extra crunch and flavor.

2 cucumbers, shredded, use Cone #2
1/2 medium
red onion, strung, use Cone #2
12 oz
shrimp, tail-off peeled & deveined, cut into 1/2 inch pieces
2 large
avocados, diced

1/2 cup
cilantro
1/4 cup
lime juice
1 tbsp
garlic, shredded, use Cone #1
1 tsp
natural salt
1 tsp
black pepper
2 cups
cherry tomatoes, cut into fourths

Preparación :

1. Use the Saladmaster Food Processor and on Cone #2 process the cucumbers and onion. Use Cone # 1 to shred/mince the garlic.
2. Add the shrimp, tomatoes, avocado, cilantro, lime juice and salt/pepper and combine.
3. Season to taste. Add additional lime juice to taste.
4. Serve over corn tostadas, chips or on its own.

Información nutricional por ración

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Calorías: 115
Grasa Total: 6g
Grasa 1g
Saturada:
Colesterol: 66mg
Sodio: 315mg
Carbohidratos: 7g
Fibra 4g
Dietética:
Azúcar: 2g
Proteína: 9g