

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Shrimp Stuffed Avocados

From *The Healthy Mind Cookbook*
by Rebecca Katz

Makes four ½ cup servings

Dressing:

- 3 tablespoons freshly squeezed lemon juice
- ½ cup coarsely chopped cilantro
- ¼ cup coarsely chopped parsley
- ¼ cup extra virgin olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 1 jalapeno, seeded and chopped
- 1 clove garlic, peeled and smashed
- ¼ teaspoon salt

Salad:

- 2 large ripe avocados
- Freshly squeezed lemon or lime juice
- Salt
- 1 pound cooked shrimp, cut into bite-size pieces
- 1 Granny Smith apple, cut into bite size pieces
- 2 scallions, sliced

Directions

To make the dressing, combined the cilantro, parsley, olive oil, lime juice, cumin, coriander, jalapeno, garlic, and salt in a food processor and process until smooth.

Cut the avocados in half and remove the pits. Spritz the cut fruit with lemon or lime juice and sprinkle with a little salt. Make a well in the avocado halves by scooping out some of the flesh, leaving a ½ inch border. Place the flesh in a bowl and mash it lightly with a fork. Add the shrimp, apple, and scallion and 4 or more tablespoons of the dressing. Stir until evenly coated. If you have leftover dressing, you can use it on a green salad or another use. It will keep five days in the refrigerator.

Spoon the shrimp mixture into the well of the avocado halves, making a nice mounded scoop in each.



**For more healthy recipes,
please visit *Your Healthy Kitchen*
via www.yrmhealthconnect.org**

NUTRITION INFORMATION PER 1/2 CUP SERVING:

| | |
|--------------|--------|
| Calories | 431 |
| Fat | 28 g |
| Carbohydrate | 19 g |
| Protein | 30 g |
| Fiber | 8 g |
| Sodium | 435 mg |
| Potassium | 902 mg |

Also a great source of Vitamin K,
magnesium, folate and anti-
inflammatory phytochemicals
Cost per serving: \$3.50