



Shrimp Salpicon with Avocado

Salpicon is a Mexican cross between a salsa and a vinaigrette, very fresh, bright and crunchy. Avocado, tomatoes and limes have high amounts of potassium to help with potassium/salt ratio

- $\frac{3}{4}$ pound freshly cooked medium shrimp roughly chopped
- 1/2 large sweet onion, finely diced
- 1 sweet red bell pepper, finely diced
- 1 bunch radish, finely diced
- 1 small or $\frac{1}{2}$ large cucumber, peeled and finely diced
- 2 Roma tomatoes, finely diced
- 1 serrano chili, very finely chopped
- Sea salt and course pepper
- 1 tablespoon olive oil
- juice of 1 lime
- $\frac{1}{2}$ small bunch of cilantro leaves chopped
- 3 firm but ripe avocados, halved and pitted
- lime wedge

Put shrimp and all the chopped vegetables(including the chilis) In a large mixing bowl. Season with salt and pepper. Add the olive oil and lime juice. Toss carefully and well. Taste and adjust the seasonings. Add the cilantro. Spoon the salpicon into the avocado halves(with skins still on) and serve them with lime wedges on a bed of greens. To be eaten with a spoon.

Serves 6 per serving: Calories: 246 Protein: 18 grams Carbs: 14 grams
Fat: 14 grams