

Yucatan Guacamole Salad

I've adapted Mark DeCarlo's Yucatan Guacamole recipe in Richard Lombardi's Cooking through Cancer cookbook. Cancer fighters...avocado, tomato, cilantro, garlic and olive oil make this a delicious party appetizer or a meal when made into a salad and served with tortilla chips.

1 pound	precooked shrimp, large dice	1	tomato , diced
1 Tablespoon	olive oil	3 Tablespoons	capers drained
1 Tablespoon	balsamic vinegar	2 cloves	minced garlic
	sea salt and pepper to taste	1	lime, juiced
¼ cup	cilantro, chopped	6 cups	small lettuce leaves
1 small	red onion, small dice	6 ounces	tortilla chips
1 small	jalapeno pepper, seeded and minced	1	green onion, green part snipped for garnish (optional)
2	avocados, halved, pit removed		

- 1 Marinate the diced shrimp with olive oil, balsamic vinegar, salt and pepper while preparing the rest.
- 2 Add the red onion, cilantro and jalapeno to the shrimp and toss.
- 3 With a butter knife, score the avocado half horizontally and vertically and scoop the cubes out with a spoon, add to the bowl with the tomato, garlic and capers. Mix gently with lime juice and salt and pepper to taste. I save one half of an avocado to garnish the salad.
- 4 Line the plates with lettuce leaves and scoop the Yucatan Guacamole into the center. Garnish with the remaining avocado cubes, cilantro sprigs, snipped green onions and tortilla chips on the side. Enjoy this beautiful and healthful cancer fighting meal.

Servings: 4

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 537 calories, 244 calories from fat, 28.3g total fat, 207.2mg cholesterol, 701.2mg sodium, 1077mg potassium, 46.5g carbohydrates, 12g fiber, 3.7g sugar, 29.5g protein.

Source

Author: Mark DeCarlo

Source: Adapted from Cooking through Cancer cookbook, 2020

