

Shrimp and Avocado Salad



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 4oz cooked shrimp
- 1 tbsp sesame seeds
- 1/2 small avocado
- 2 cups arugula, spinach, or greens of choice
- 1/2 medium cucumber, chopped
- 1/8 small red onion, chopped
- 1 tbsp fresh lemon juice
- 1/2 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Lightly toss together all ingredients and enjoy! (May use Primal Kitchen dressing in place of olive oil, lemon juice, and salt and pepper if desired)

NUTRITION INFO

Calories: 275, Carbohydrate: 9 grams, Protein: 29 grams, Fat: 14 grams