

Shrimp Palmini Salad



SERVINGS: 6

PREPPING TIME: 20 MIN

INGREDIENTS

- 2 - 14 oz cans heart of palm
- 4 stalks celery, diced
- 1/4 onion, diced
- 1/2 of each red and green bell pepper, diced
- 2-3 cans small shrimp, drained
- 1 cup avocado mayo
- 2 TBSP sour cream
- 2 tsp white vinegar
- 2 packets stevia or 2 tsp monkfruit
- 3/4 tsp celery seed
- 1/4 tsp ground mustard
- 1/4 tsp salt
- 1/4 tsp pepper

DIRECTIONS

1. Drain the heart of palm and rinse.
2. Use scissors to cut the heart of palm into smaller pieces.
3. Cook for 5 minutes in boiling water.
4. Drain well (squeeze the water out)
5. Chop the onion, celery, and bell peppers.
6. Make the dressing by mixing together the mayo, sour cream, vinegar, stevia, celery seed, ground mustard, salt, and pepper in a bowl.
7. Combine the heart of palm, chopped veggies, and tiny shrimp in a large bowl.
8. Mix the dressing into the veggies and shrimp mixture.
9. Refrigerate for at least a couple of hours.
10. Enjoy!