

Avocado Crab Guacamole

*Adapted from SimplyRecipes.com
St. Lucie News Tribune*

Yield: 3 cups

*3 ripe avocados
1/2 red onion (1/2 cup), minced
2 tablespoons fresh lime juice
1/2 teaspoon coarse salt
1 jalapeno chile pepper, stems and seeds removed; minced
1/2 ripe tomato, seeds and pulp removed; chopped
8 ounces pasteurized crab, lump or claw meat*

Cut the avocados in half. Remove the seed. Scoop out the avocado from the peel and put into a mixing bowl.

Using a fork, roughly mash the avocado. Add the chopped onion, lime juice and salt. Gently fold.

Cover the bowl with plastic wrap directly on the surface of the guacamole to prevent oxidation from the air reaching it. Refrigerate until ready, or if eating soon, cover and keep at room temperature for up to one hour.

Just before serving, fold in the minced chile pepper, chopped tomato and crab, saving some to garnish the top.

*Healthy vegetables for dipping:
Carrots, celery, cucumbers, jicama, scallions, zucchini, asparagus spears, cauliflower, broccoli, bell peppers, radishes, mushrooms, green beans, pea pods and endive.*

Per Serving (excluding unknown items): 25 Calories; trace Fat (8.7% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 946mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 0 Fat.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	25	Vitamin B6 (mg):	.1mg
% Calories from Fat:	8.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	80.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	10.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	18mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

