

# FEATURED RECIPE

## Ingredients:

- 1 dozen raw shrimp, peeled, deveined
- 1/2 Tbsp. vegetable oil
- 1/8 tsp. cayenne pepper
- 1/4 tsp. salt
- 1 ripe avocado
- Poppy seed dressing
- 2 Tbsp. cilantro, chopped



## Avocado Shrimp / Serves 2

*I discovered this very simple dish when traveling in the British Virgin Islands. It uses only a few ingredients and is simply delish!*

Place oil in medium skillet on med-high heat. Add shrimp and seasonings; sauté until shrimp just turns pink (approximately 5 minutes).

Cut avocado in half and place each half on a plate. Place cooked shrimp on avocado halves and top with dressing. Sprinkle with fresh chopped cilantro. Serve immediately.



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