

Crab Stuffed Avocado

1 ea.....Avocado
3 oz.....Crab Meat
2 Tbs.....Real Mayonnaise
1 Tbs.....Finely Diced Celery
1 Tbs.....Finely Diced Onion
¼ tsp.....Garlic Powder
¼ tsp.....Onion Powder
pinch.....White Pepper

1. Combine all ingredients except avocado and mix well.
2. Split avocado and remove seed and skin.
3. Divide crab salad between avocado halves and serve.

As I have said before, avocados are very good for you. They are full of vitamin A and rich in B complex vitamins. They are very high in protein and though they are high in fat it is the fat that is good for you. The avocado was first discovered in Mexico over 7,000 years ago and wasn't commercially grown in California until the late 1800's and in Florida until the turn of the century. The avocado is technically a fruit but often treated as a vegetable. Because it is a fruit it should never be place in the fridge.

The crab in the salad can be replaced with boiled shrimp, lobster or baked/smoked fish. Chicken could also be used. If you want to make this more of a meal try placing the avocado on a bed of lettuce and adding some tomato and egg wedges. The salad could also be used on crackers or on a sandwich with some fresh sliced tomatoes and lettuce. On the piers in San Francisco you can get yummy little sandwiches with a crab or lobster salad on a sour dough roll, always with real mayonnaise. That is always a stop I have to make while there.

Be creative, have fun and enjoy!

