

Blackened Shrimp Avocado Cucumber Bites

Ingredients

FOR THE SHRIMP AND CUCUMBER BITES:

- 1 tbsp extra virgin olive oil
- 1 tbsp creole seasoning
- 1 pound shrimp, peeled and deveined
- 1 cucumber, sliced

FOR THE AVOCADO SAUCE:

- 1 avocado, mashed
- 1 green onion, thinly sliced or chopped
- 2 tbsp cilantro and/or parsley, chopped
- 1 tbsp lemon juice
- salt and cayenne to taste

Instructions

FOR THE SHRIMP AND CUCUMBER BITES:

1. Toss the shrimp in the oil and the seasoning and cook in a preheated (medium-high heat) heavy bottomed pan/skillet until slightly blackened, about 2-3 minutes per side.
2. Assemble the bites with cucumber slices, topped with avocado sauce, shrimp and remoulade sauce.

FOR THE AVOCADO SAUCE:

3. Mix everything and enjoy!



Reminder: While you are on the program, shrimp is under the limited seafood category so you can only have this dish once a week and only 5-8 pieces of shrimp.