



## Stuffed Avocado with Vegetables and Shrimp

By Ela Guidon

The stuffed avocado is as lovely to look at as it is delicious to eat. In this version, use 1 pound of cooked shrimp.

4 servings

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

### Ingredients

- 1 pound cooked shrimp
- 1 cup green beans, ends trimmed
- 2 avocados
- 3 tablespoon plus 1 teaspoon fresh lemon juice
- salt
- 3 tablespoons extra virgin olive oil
- freshly ground black pepper
- 1/2 cup cucumber, diced
- 1/2 cup celery, diced
- 1/2 cup tomato, diced
- handful of sunflower seed sprouts (optional)
- 4 leaves lettuce



Photo: Lori Eanes Photography

### Instructions

Chop the shrimp into 1/2-inch pieces. Steam the string beans until tender but still firm, about 4 minutes. Quickly shock them in ice cold water. Drain and dry them and cut into 1/4-inch pieces and set aside.

Cut the avocados in half and remove the pit. Remove some of the avocado with a spoon to enlarge the cavity for stuffing. Sprinkle 1 teaspoon of lemon juice and a sprinkling of salt over the avocado halves.

In a medium bowl dissolve 1 teaspoon of salt in the remaining 3 tablespoons of lemon juice and oil. Sprinkle with black pepper, then add the chopped shrimp, the cucumber, celery, tomato and the green beans as well as the scooped out avocado and mix well. Divide into 4 equal portions. Stuff each avocado half and top with sprouts, if using. Serve the remaining filling on a lettuce leaf together with the stuffed avocado.

### Tips

Use vegetables in season. In the springtime, substitute asparagus for the green beans.