Zesty Shrimp and Avocado Salad

A fresh, low-carb salad featuring tender cooked shrimp, creamy avocado, and a tangy lime dressing perfect for a healthy, protein-packed meal.

Servings: 2 **Time:** 10 minutes

Ingredients

- 8 oz cooked shrimp, peeled and deveined
- 1 large ripe avocado, cut into chunks
- 2 tablespoons fresh lime juice
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 teaspoon chopped fresh cilantro (optional)
- 1/4 cup finely chopped red onion
- 1 cup mixed greens or baby spinach

Instructions

1. In a medium bowl, gently toss the cooked shrimp with lime juice, olive oil, salt, and pepper.
2. Add the avocado chunks, chopped red onion, and cilantro to the shrimp mixture; gently fold to combine without mashing the avocado.
3. Place the mixed greens or baby spinach on two plates.
4. Divide the shrimp and avocado mixture evenly over the greens.
5. Serve immediately and enjoy a refreshing, protein-rich salad.

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