

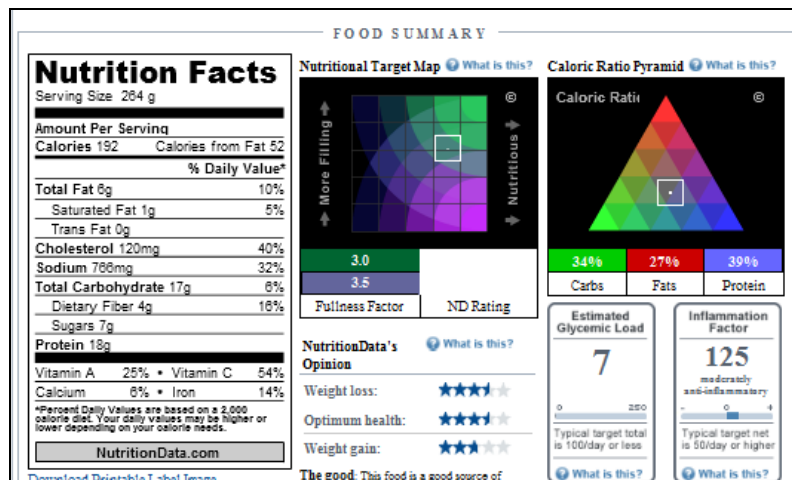


"MEXICAN SEAFOOD COCKTAIL"

MAKES 8 SERVINGS

- 1 POUND **IMITATION** (or real) **CRAB MEAT**
- 1 POUND **SMALL SALAD SHRIMPS**
- 2 CUPS **V8 VEGETABLE JUICE** (More or less-- to suit your consistency preference.)
- 2 **JALAPENOS** DICED (Veins and seeds removed)
- 1/2 **RED ONION** DICED (Or green onions)
- 4 STALKS OF **CELERY** DICED
- Juice of 1 **LIME**
- SALT AND PEPPER to taste
- 1 TBS RED **HOT SAUCE** to taste
- 2 RIPE **AVOCADOS** DICED (Optional)
- 1/2 BUNCH OF **CILANTRO** DICED (Optional)

1. CUT UP CRAB MEAT INTO SMALL CHUNKS, THEN PUT INTO LARGE MIXING BOWL.
2. ADD SHRIMP, DICED JALAPENOS, DICED ONION, AND DICED CELERY. MIX WELL.
3. CUT LIME AND SQUEEZE ALL JUICE INTO MIXTURE. MIX AGAIN.
4. ADD SALT AND PEPPER. MIX AGAIN.
5. ADD V8 JUICE AND HOT SAUCE AND MIX AGAIN.
6. IF YOU LIKE AVOCADO AND CILANTRO ADD THEM NOW.
7. MIX WELL AND REFRIGERATE FOR TWO HOURS BEFORE EATING. (As an option you could serve in tomato halves.)



Data compliments of www.NutritionData.com

Recipe compliments www.TrinityHealthWeightLoss.com