



Shrimp Salad on Sliced Cucumbers

Directions:

1. Cook the shrimp: Bring a large saucepan filled with water to a boil. Add the shrimp and cook for 1 to 3 minutes or until the shrimp are pink and opaque. Drain and rinse shrimp in a colander under cold running water.
2. Once the shrimp are cool, dice into bite sized chunks.
3. Combine first 7 ingredients (through sea salt and pepper). Mix well.
4. Arrange cucumbers on serving platter or sheet pan.
5. Top each slice with a tablespoon of shrimp salad.
6. Top with chopped chives and serve.

Nutrition Facts: 114 cal, 3 g fat, 18 g pro, 5 g carb, 278 mg Na+, 1 g fiber

Ingredients:

3 stalks celery, small dice
1 Tablespoon red onion, minced
3 Tablespoons mayonnaise (try light or olive oil mayo)
2 Tablespoons plain fat free Greek yogurt
1/2 teaspoon desired seasoning like Old Bay or Mrs. DASH
1 lb. cooked shrimp, peeled and diced to be chunky Sea salt
and freshly ground pepper to taste
40 thin slices of cucumber (about 2 cucumbers)
Fresh chives, chopped

Yield: 4 servings

Time: 45 minutes