

AVACADO WITH CRAB FILLING

SERVES 3-4

INGREDIENTS:

5 firm, ripe avocados
1 tbsp. grated lemon zest
5 tbsp. fresh lemon juice
1 lb. Lump Crab Meat
8 cherry tomatoes chopped
1/4 c. organic mayonnaise
1/2 c. shredded fresh basil

DIRECTIONS:

Cut 4 of the avocados in half. Chop remaining avocado in 1/2-inch dice. Sprinkle 2 tablespoons of the lemon juice over halved and diced avocados.

In a bowl, combine diced avocado, lemon zest, the remaining 2 tablespoons lemon juice, crab meat, chopped tomatoes, mayonnaise, and basil, tossing lightly. Spoon mixture into the cut halves of avocado. Serve with grilled or toasted pita bread.