

GLOUCESTER-MATHEWS GAZETTE-JOURNAL

Healthy recipes

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CRAB SALAD

Peter Pahk, Executive Chef, Kingsmill Resort and Spa

- 1 lb. crab meat, well drained
- 1 lb. pink shrimp, well drained
- 1 small red onion, diced finely
- 4 green onions, sliced
- 2 hard cooked eggs, diced
- ¼ c. mayonnaise
- ¼ c. sour cream
- ¼ c. prepared horseradish
- 2 tsp. fresh lemon juice
- ½ tsp. salt
- 3 avocados cut into fourths

Mix all ingredients together except avocados. Arrange avocado around each serving.

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