

# Lemon and Garlic Shrimp Cups with Avocado-Cucumber Relish

**Servings**

4

**Calories**

290

**Prep Time**

15 minutes

**Total Time**

5 minutes

**Skill Level**

Easy

## Ingredients

½ English cucumber, diced

1 medium avocado, pitted and diced

2 tablespoons minced cilantro

1 tablespoon fresh lemon juice

1 tablespoon olive oil

½ teaspoon fine sea salt

**For the Shrimp:**

2 tablespoons olive oil

4 garlic cloves, minced

½ teaspoon black pepper

1½ pounds large peeled shrimp

1 teaspoon fine sea salt

¼ cup fresh lemon juice

**For Serving:**

1 package MANN® Better Crunch Lettuce





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## The Method

1. In a medium bowl stir to combine cucumber, avocado, cilantro, lemon juice, oil, and salt. Set aside.
2. In a large nonstick skillet heat oil over medium heat. When oil shimmers, add garlic and pepper and cook, stirring constantly, for 1 minute. Add shrimp and salt and cook, stirring occasionally, until pink, about 3 minutes. Add lemon juice and cook, stirring, until juice is almost completely evaporated.
3. Serve shrimp warm or at room temperature in lettuce leaves topped with relish.

### Nutrition Facts

Serving Size: About 8 Shrimp, 6 lettuce leaves, & 6 tablespoons relish | Servings: 4

### Amount Per Serving

Calories 290 | Total Fat 17g (sat fat 2.5g trans 0g) | Cholesterol 215mg | Sodium 1860mg | Total Carbohydrate 11g | Dietary Fiber 4g | Sugars 1g (Includes 0g Added Sugars) | Protein 25g | Vitamin D 0mcg 0% | Calcium 129mg 10% | Iron 2mg 10% | Potassium 645mg 15%