Quick Shrimp, Egg and Avocado Salad

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

368.6 calories, 13.08 g carbohydrate, 8.71 g fiber, 4.37 g NET carbs, 32.51 g protein, 21.95 g fat

Ingredients

- 4 large(s) organic, pasture-raised eggs
- 1 pound wild shrimp
- 8 cup(s) shredded organic Romaine lettuce
- 2 medium(s) avocados, sliced

Preparation

1. First, hard boil the eggs. Place eggs in a single layer in saucepan. Cover with at least one inch cold water over tops of shells. Cover pot with lid and bring to a boil over medium heat. As soon as water comes to a boil, remove from heat and let stand 15 minutes.
2. Meanwhile, cook shrimp. Bring a pot of filtered water to a boil. Add shrimp. Cook until tails curls and shrimp turn pink. Drain shrimp and chill over ice.
3. Peel chilled eggs and slice. (Also, peel and devein shrimp if unpeeled and not deveined)
4. Divide lettuce and avocado among serving dishes. Top with egg slices and shrimp.
5. Serve with fresh pepper and dressing of choice.

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