

Shrimp Avocado Salad



5 from 15 votes

This low-carb/keto Shrimp Avocado Salad is made with only a few simple ingredients with a zesty lime olive oil dressing that adds a burst of fresh flavor!

 Course	Salad
 Cuisine	American
 Prep Time	10 minutes
 Total Time	10 minutes
 Servings	4 servings
 Calories	363kcal
 Author	Yumna Jawad

Ingredients

- 1 lb. shrimp thawed drained and patted dry with paper towel
- 1 tablespoon [olive oil](#)
- 2 avocados peeled and sliced
- Salt and pepper to taste
- ¼ red onion sliced
- 2 cups shredded lettuce
- 1 tablespoon fresh chopped cilantro

Dressing

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons fresh-squeezed lime juice
- 1 teaspoon ground cumin
- 1/4 teaspoon sea salt
- 1/4 teaspoon Fresh cracked pepper

Instructions

1. To steam the shrimp, bring a large pot of water to a boil. Add the thawed shrimp to a steamer basket or mesh strainer and steam for 5-6 minutes until they turn opaque and cooked through
2. To make the dressing, use a bowl large enough to hold all the ingredients. Whisk together the olive oil, lime juice, cumin, salt and pepper
3. Transfer the cooked shrimp on top of the dressing, add the red onions and red peppers. Gently combine all the ingredients with the dressing in the bowl. Spoon mixture over the shredded lettuce and add the sliced avocados.
4. Garnish with cilantro and serve at room temperature or chilled.

Notes

Storage: Store any leftovers in an airtight container. They will last about 2 days in the fridge. But it's best to enjoy it within 24 hours since the avocados will slightly brown the next day.

Make Ahead Tips: You can make the dressing up to 2 weeks in advance and have it on hand ready to toss when you make the salad. You can also made pre-cooked shrimp and toss it in the salad instead of cooking it on your own.

Substitutes: For best results, follow the recipe as is. However if you're not a fan of red onions, you can try green onions or skip them all together. Also, if you prefer not to use cumin in the dressing, try paprika or coriander.

Video: The video shows cooking the shrimp on the stovetop instead of steaming it. It also shows serving the shrimp on lettuce wraps instead of shredded lettuce. These are alternate methods for preparing this recipe that work really well still!

Nutrition: Please note that the nutrition label provided is an estimate based on an online nutrition calculator. It will vary based on the specific ingredients you use.

Nutrition

Serving: 1g | Calories: 363kcal | Carbohydrates: 7g | Protein: 24g | Fat: 26g | Saturated Fat: 3g | Cholesterol: 285mg | Sodium: 1033mg | Potassium: 478mg | Fiber: 5g | Vitamin A: 110IU | Vitamin C: 15.6mg | Calcium: 178mg | Iron: 3.2mg