

Holiday Shrimp Salad in Cucumber Logs

Recipe Makes 2 Servings (12 Logs total)

1 Serving = 6 Cucumber Logs

1 SP, 60 Calories

Ingredients:

4 mini cucumbers (the size of a pickle)

2 cups shrimp, cooked, shelled, deveined, and diced

¼ cup red onion, minced (“minced” is smaller than “diced”)

¼ cup celery, minced

2 Tbsp light mayo

½ Tbsp lemon juice

½ tsp garlic powder

½ tsp onion powder

Salt and pepper to taste

1 Tbsp fresh parsley (or 1 tsp dried), minced

Garnish: ¼ cup red pepper, chopped

Recipe:

In a medium size bowl, mix shrimp, red onion, celery, mayo, lemon juice, garlic powder, onion powder, salt, and pepper.

Cut the ends off of the cucumbers and then cut them into 1-2 inch logs. With a little spoon, scoop out about half inch down into the cucumber pieces to make a space for the shrimp salad. Put about a tablespoon of shrimp salad in each cucumber log and top with a little piece of red pepper for garnish and some fresh parsley sprinkled over-the-top. **Enjoy!**

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