

Lump Crab and Mango-Avocado Salsa

This elegant, flavorful salsa makes a super appetizer or light meal. As with the crab recipe below, using good-quality crab meat—the freshest tasting you can find—is essential! Freshly caught and cracked crab is obviously the best, but refrigerated crab sold in many stores can be excellent. Be sure to check the expiration date if using refrigerated crab.

Prep Time: 20–30 minutes

Serves: 4

Crab Mixture Ingredients:

½ pound lump crab meat, drained

½ medium red bell pepper, finely diced

2 medium green onions, finely diced

½ medium lemon, juiced

Mango-Avocado Salsa Ingredients:

1 medium mango, peeled and diced

1 medium ripe (but firm) avocado, diced

½ medium lemon, juiced

⅛ teaspoon sea salt

⅛ teaspoon ground cayenne pepper

¼ cup chopped cilantro

1 large seedless cucumber, sliced into ⅛-inch slices

Directions:

Combine crab meat with bell pepper, green onion, and lemon juice.

In a separate bowl, combine mango, avocado, lemon juice, salt, cayenne pepper, and cilantro.

Spread cucumber slices over a serving platter and top each with 1 tablespoon crab mixture, then 1 tablespoon mango-avocado salsa.

Serve immediately.

Enjoy,

Steven Masley, MD