

# Avocado Stuffed with Crabmeat Salad

from the kitchen of Chef Paul Prudhomme

Makes 6 servings. A delicious spring and summer dish...healthy too!

## Ingredients

4 medium-size ripe avocados  
Juice of 1 lemon

## Seasoning Mix:

5 1/2 teaspoons Chef Paul Prudhomme's Meat Magic®  
3/4 teaspoon dried mustard  
1/4 teaspoon dill weed

## Vegetable Mixture Ingredients:

1 tablespoon vegetable oil  
1/2 cup chopped onion  
1/4 cup chopped red bell pepper  
1/4 cup chopped yellow bell pepper  
2 teaspoons minced garlic  
2 tablespoons finely chopped jalapeno peppers

## Crab Salad Ingredients:

2 teaspoons Chef Paul Prudhomme's Magic Pepper Sauce®  
1 egg  
3/4 cup vegetable oil  
1/4 cup green onions, thinly sliced  
1 pound lump white crabmeat, picked over to remove shells and cartilage



## How to prepare

Cut the avocados in half and remove the seed. Carefully remove the peel, leaving the sections in one piece. Coarsely dice 1 avocado half and set aside. Sprinkle the remaining with a little lemon juice to prevent discoloration. Set aside.

### To Make Vegetable Mixture:

Heat the oil in a 10-inch skillet over high heat. Add the onions and cook, stirring frequently, until the onions are brown on the edges, about 4 minutes. Add the red and yellow bell peppers and stir well. Continue to cook, stirring frequently, until the onions are golden and the bell peppers have rich but subdued colors, about 3 minutes. Add the garlic and jalapeños and stir for 1 minute. Add the Seasoning Mix. Cook, stirring frequently, until the seasoning darkens slightly, about 2 minutes.

Transfer the vegetables to a sheet pan, spread them evenly over the pan and cool in the refrigerator.

## To Make the Crab Salad:

Combine the Magic Pepper Sauce and the egg in a food processor. Process briefly to combine then add the oil in a slow, steady stream until the mayonnaise is thick and the oil is absorbed. Add the reserved chopped avocado and process until smooth. Transfer the mayonnaise to a mixing bowl and fold in the cooked vegetable mixture and the green onions; then gently fold in the crabmeat until the mixture is just combined (do not over mix). Refrigerate the crab salad until ready to use. Makes about 3 cups.

## To serve:

Mound 1/2 cup of the Crab Salad on top of each avocado half. Serve on a bed of lettuce, if desired