

A Healthy Bay for Healthy Kids

Crab Salad

Ingredients:

- 1 lb. Crab meat, well drained
- 1 lb. Pink shrimp, well drained
- 1 Small red onion, diced fine
- 4 ea. Green onions, sliced
- 2 ea. Roma tomatoes, seeded and diced
- 2 ea. Hard cooked eggs, diced
- ¼ cup Mayonnaise
- ¼ cup Sour cream
- ¼ cup Prepared horseradish
- 2 tsp. Fresh lemon juice
- ½ tsp. Salt
- 3 ea. Avocados, cut into fourths

Prepared By:

Peter Pahk, Executive Chef
Kingsmill Resort and Spa

