

# WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



*DR. SINATRA'S*

## MEXICAN AVOCADO SHRIMP SALAD

This festive salad makes a great appetizer or light lunch with added health benefits! Not only is avocado full of [antioxidants](#) like glutathione and [vitamin E](#), but is one of the best foods to eat with tomatoes because it is high in [monounsaturated fat](#). We need to ingest fat with [carotenoids](#) in order to absorb them, and tomatoes are rich in lycopene, a carotenoid which can help lower risk of [heart disease](#) and cancer.

Adding [onions and garlic](#) not only adds extra bite to this crunchy salad, but more antioxidants with which to help prevent [inflammation-related disease](#). Both bulbs are best consumed raw for maximum cardiovascular health benefits, most notably the ability to help lower [blood pressure](#). Shrimp adds protein and niacin, a B vitamin which can reduce [cholesterol](#) and triglycerides in the blood and help dilate blood vessels, and lime juice contributes vitamin C.

Spicing this salad up with cumin adds iron, calcium and magnesium, and may give added protection against cancer!

- 20 to 25 medium to medium-large shrimp, cooked and chilled
- 1 medium avocado, sliced into ½-inch bites
- 2 to 3 organic tomatoes, chopped
- 1 small red onion, chopped
- 2 to 3 garlic cloves, chopped
- 1 large organic cucumber, sliced into bite-sized pieces
- Juice of 1 to 2 limes
- 1 to 1 ½ teaspoons ground cumin
- Sea salt and pepper, to taste
- ¼ teaspoon finely chopped jalapeno pepper (optional) or ground chili pepper, to taste

Combine the first 6 ingredients in a large bowl with enough lime juice to coat them evenly. Mix in cumin, salt, pepper and chili powder or chopped jalapeno to taste (it's best to go light with these at first and add more, depending on how much seasoning you like). Serve salad immediately after preparing it, possibly over organic baby [spinach](#) leaves, as avocado can get mushy after a while. Serves 2 to 4.