

# Grilled Shrimp with Guacamole

This is an easy, effortless summer recipe that's great for company. Loaded with protein and monounsaturated fats, it can be served as an appetizer, or add a few greens and some sliced tomatoes for a complete meal.

## Ingredients:

1 lb. of wild caught shrimp, peeled and deveined (if you live locally, Stonington Reds are a great choice)  
2 tbsp. olive oil  
Salt and pepper to taste

## For the guacamole:

3 ripe avocados  
1/4 red onion, small diced  
Juice of one lime  
Salt and pepper to taste



Preheat grill to medium high heat. Coat shrimp with olive oil, salt and pepper and set aside. To make guacamole, scoop avocados from skin and remove pits. Dice onion, squeeze lime and mix in with avocado. Add salt and pepper to taste, mixing thoroughly and refrigerate. Grill shrimp for 5 minutes on each side or until firm. Serve with guacamole and enjoy!

Serves 6 – 8.

This recipe is brought to you by Holly Potter, L.D., L.M.T.

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