

# Crab Salad with Avocado Dressing

Courtesy of Carole's Creations

Prep Time: 35 minutes

Cooking Time: none

Serves: 4

**CChints:** If you have a lime that is a little hard and just won't juice easily, here's a trick. Pop it into the microwave, cut side up, for about 10 seconds and try to squeeze it again. This recipe calls for white pepper because if won't put black flecks in the dressing. The Haas avocado is ripe when the outer skin nearly turns black and when you give it a gentle squeeze it should give easily. As you gently squeeze several in the store, you'll find one that is ripe. If you are making this recipe in a day or two, select one that is slightly hard and it will ripen on your counter. The dressing can be made 1-2 hours ahead of time. Hearts of Palm can be found on the vegetable isle in most markets. They are the tender buds of certain palm trees and give a salad a tender crunch with a mild flavor. Pine nuts can be stored in your freezer for about a year and when you need them, just take out what you need and store the rest for the next recipe.



## Dressing:

1 ripe Haas avocado  
1/3 cup reduced fat sour cream  
2-1/2 tablespoons fresh lime juice – about 2 limes  
1 teaspoon minced fresh garlic or from a jar  
1/4 teaspoon salt  
1/8 teaspoon cayenne pepper

2/3 cup buttermilk  
3 tablespoons grated yellow onion  
2 tablespoons extra virgin olive oil  
1 teaspoon chopped fresh dill  
1/8 teaspoon white pepper

## Salad:

5.5 ounce bag prewashed salad greens  
1/2 cup of a 14 ounce can Sliced Hearts of Palms, drained and chopped  
1 cup cherry or grape tomatoes cut in half  
3 pounds lump crab meat, picked through for shells  
Half of a red bell pepper thinly sliced (Note if this is too strong for you, use a peach or nectarine)  
Garnish with 1/4 cup toasted pine nuts  
Optional crackers

To make the dressing, locate your small food processor or blender. To cut the avocado, run a sharp knife lengthwise around the fruit. Gently twist the two halves and pull it apart to reveal a large round seed. Using your knife, tap the seed with the blade so that it just sticks in it. Give it a gentle twist and the seed will pop out. Gently make 5 – 6 cuts into the flesh going horizontally and turn it vertically and make 5 more. Use a spoon to scoop out pre-cut pieces into the processor.

Add all the ingredients, in no particular order and blend on high for just a minute. Use a rubber spatula to wipe down the sides and blend again for a few seconds. Pour into a bowl, cover and refrigerate.

Toast the pine nuts in a dry pan over medium heat. Then heat releases the oils in the nuts and they will start to brown. Stir them occasionally for about 5 minutes or until a golden brown. Pour them onto a paper plate to cool.

To plate the salad, divide the lettuce among 4 plates or large flat soup bowls. Sprinkle a few of the Hearts of Palms around the top edge of the salad. Then do a row of tomato pieces and put a scoop of crabmeat in the center of the plate. Scatter the celery below the crab and drizzle with dressing. Top with a sprinkle of pine nuts and serve with crackers. Enjoy.