

Crab Fiesta Salad with Lime Cumin Vinaigrette

Serves 4 as an entrée salad or 6-8 as a side salad.

Ingredients for the salad:

12 oz Aquamar Flake Style Crab Flavored Seafood
1 large head Romaine lettuce, cut or torn
1 bunch fresh cilantro, chop off stems from the bottom of the bunch and coarsely chop leaves (Reserve a few whole leaves for garnish if desired)
1 15 oz can black beans, drained and rinsed well
1 cup frozen corn kernels, rinse to defrost
1 10 to 12 oz package grape or cherry tomatoes sliced in halves or quarters (about 2 – 3 cups before slicing)
2 medium avocados, peeled and sliced
1 medium cucumber, peeled, seeded, and sliced
4 scallions, both white and green sections, sliced
1 cup shredded cheddar or Mexican blend cheese
1/2 cup sour cream (optional)
Corn tortilla chips, as an accompaniment to the salad



Ingredients for the dressing:

Makes approximately 1 cup

3/4 cup olive oil
1/3 cup freshly squeezed lime juice (2 – 3 limes)
2 teaspoons ground cumin
1 clove of garlic, smashed
2 – 3 dashes Tabasco or other hot sauce
1/4 teaspoon salt

Preparation for the dressing:

Whisk together all ingredients. Remove garlic before dressing salad.
The dressing is best if made a day ahead and refrigerated so all the flavors can meld.

To complete the salad:

Toss together all vegetables except avocados, add dressing and gently toss.
Top with avocado slices, shredded cheese, and Aquamar Flake Style Crab Flavored Seafood.
Optionally garnish with sour cream and cilantro leaves. Serve with tortilla chips.

