

Spicy Crab Salad

Ingredients

- 100 grams crab
- 1 cup celery, diced (optional)
- 1 tablespoon lemon juice
- 2 teaspoons apple cider vinegar
- 1 teaspoon Bragg's liquid aminos
- 1 tablespoon finely minced red onion
- Dash of garlic powder
- Dash of onion powder
- Cayenne pepper to taste
- Sea salt and black pepper to taste

Makes 1 serving (1 protein, 1 vegetable)
22 grams protein
2 fat
120 calories

You may substitute 1 teaspoon of Old Bay seasoning for the powdered ingredients.

Directions

1. Steam the crab and chop into medium chunks.
2. Toss with onions, spices, and liquid ingredients.
3. Marinate for 15 minutes or more and
4. Serve over mixed green salad or add diced celery.

