

Ingredients:

For the Shrimp:

- 1 lb shrimp, peeled and deveined (thawed if frozen)
- 1 tsp cumin
- ½ tsp chili powder
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp salt
- ¼ tsp pepper
- 1 tbs olive oil

For the Avocados:

- 4 avocados, halved and pitted
- ½ cup corn (thawed if frozen)
- ¼ cup black beans, rinsed
- 1 roma tomato, seeded and diced
- ½ of a jalapeno, seeded and diced
- ¼ cup red onion, chopped
- 1 tbs cilantro, minced
- juice of half a lime
- ¼ tsp salt, plus more to taste
- ¼ tsp pepper

Directions:

1. Make the shrimp: Preheat oven to 400 degrees. Line a sheet pan with foil. Place shrimp on pan, drizzle with olive oil, and season with spices. Toss everything together with your hands, and spread shrimp in an even layer. Roast for 10-12 minutes until shrimp are cooked through. Set aside to cool.
2. In a mixing bowl add corn, black beans, tomato, jalapeno, red onion, cilantro, lime juice, ¼ tsp salt, and pepper. Toss well to combine. When shrimp has cooled to room temp, chop, and add to the mixing bowl. Stir to combine.
3. Take each avocado half and scoop out the flesh leaving a ¼ inch border. Season avocados with salt, to taste. Fill avocados with shrimp filling. Serve immediately.

Recipe notes:

*You can serve these avocados with the skin on or off. You can't eat the skin, of course. But, there are benefits to both ways. Skin on is a little easier to serve. But, skin off is easier to eat. So, take your pick how you choose to serve these!

*The shrimp filling is meant to be served room temp or cold, so this makes a great make ahead meal. Just wait to cut and scoop the avocado until you're ready to serve. The shrimp mix can be stored in the fridge for up to 5 days.

*You don't have to line your sheet pan with foil, but I always do because it makes clean up super simple.

*Pro tip to prolong the life of an avocado: as soon as it feels perfectly ripe, throw it in the fridge. It'll stay an extra 2 or 3 days at the perfect ripeness instead of continuing to ripen and go bad.