

## Alaska Surimi Seafood Composed Salad



**Preparation Time:** 15 minutes

**Cook Time:** 0 minutes

**Servings:** 4

### Ingredients:

- 1 jar (12 oz.) marinated artichokes, quartered
- 12 oz. Alaska Surimi Seafood (Imitation Crab)
- 2 packages (5 to 6 oz. each) prepared romaine lettuce or mixed salad greens
- 4 large hard-cooked eggs, quartered or sliced
- 4 Roma tomatoes, cut in wedges
- 2 avocados, peeled and diced
- 1 can (4 oz.) sliced ripe olives, drained
- 1 cup crumbled cooked bacon
- 1-1/3 cup favorite creamy bottled dressing\*

### Description:

Drain artichokes, reserving marinade. Pour reserved marinade over Alaska Surimi Seafood in bowl; set aside.

On each of four large serving plates or salad bowls, divide and place salad greens. Portion one-quarter of eggs, tomatoes, avocados, olives, artichokes, and bacon over salad greens. Top with drained surimi and 1/3 cup salad dressing.

\*A signature dressing made by blending 2/3 cup low-fat mayonnaise, 1/3 cup chili sauce, 1 Tablespoon minced green onions, 2 teaspoons lemon juice, 1 teaspoon prepared horseradish, and 1/8 teaspoon cayenne may be substituted for bottled dressing.

*Low-Fat Variation: Substitute 1 cup non-fat salad dressing, artichokes packed in water and turkey bacon; reduce the number of eggs to two.*