

# Creamy Shrimp and Celery Salad



This creamy shrimp and celery salad is perfect for hot summer days and a good option for those who are gluten free. Light and refreshing, with tangy Old Bay seasoning and a bit of crunch from the cucumbers and celery.

## Ingredients

- 16 ounces large cooked peeled and deveined shrimp
- 2 medium cucumbers, peeled and sliced
- 1 large celery stalk, sliced thin
- 1/4 cup low fat sour cream, regular for Keto
- 2 tbsp lite mayonnaise, regular for Keto
- 2 tbsp lime juice
- 1 tsp Old Bay seasoning
- salt to taste
- chopped dill, optional for garnish

## Instructions

### Cook the Shrimp

1. Bring a pot of water to boil with 1/2 lemon.
2. Add the shrimp and cook 2 to 3 minutes, until just opaque.
3. Next, transfer to a colander and rinse with cold water to stop the shrimp from cooking. You can also add them to a bowl filled with ice and water.
4. Then drain and make your salad.

### Make the Salad

5. In a medium bowl, combine sour cream, mayonnaise, lime juice, Old Bay and salt.
6. Add shrimp, celery, cucumbers and mix.
7. Refrigerate until ready to serve.

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