

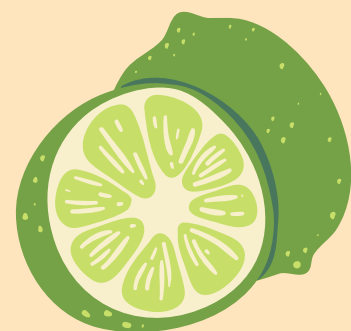


Ceviche

Serves 6, serving size: ~3 ounces

INGREDIENTS

- *1 1/4 lbs large shrimp, peeled, deveined and chopped*
- *2 tomatoes, seeded and diced*
- *1/2 English cucumber, diced*
- *1/4 red onion (~2/3 cup), diced*
- *1 jalapeno, finely diced*
- *1 medium avocado, diced*
- *Handful of cilantro, chopped*
- *Juice of 1 lemon*
- *Juice of 1 lime*
- *1/2 teaspoon salt*
- *1/4 teaspoon black pepper*





Ceviche



INSTRUCTIONS

- Bring a pot of water to a boil.
Meanwhile, fill up a large bowl with ice water and set aside.
- Add shrimp to boiling water. Cook about 1 minute until pink and opaque.
- Immediately remove shrimp with a slotted spoon and submerge in ice water bath to stop the cooking process.
- Once cooled, remove shells and tails if not already removed. Cut into small pieces.
- In a large bowl, add all the ingredients and mix together.
- Place in the fridge for 30 minutes to 1 hour for the best flavor.
- Serve by itself or with tortilla chips.



Ceviche

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NUTRITION FACTS PER SERVING

- 141 calories
- 5 g carbohydrates
- 20 g protein
- 4 g fat

NUTRITION FACTS

- Shrimp is a good source of vitamin B12, phosphorus, and protein. One 3 ounce portion contains 17 grams of protein.
- Avocado is rich in monounsaturated healthy fats, fiber, potassium, vitamin C and K.

Nutrition Facts determined by USDA Food Database: <https://fdc.nal.usda.gov>.