

Shrimp Ceviche

Serves: 4

Ceviche is a South American dish of marinated raw fish or seafood, typically garnished and served as an appetizer.



Ingredients:

1 pound Shrimp raw, medium, peeled, deveined, tail removed, cut into thin pieces
1 cup Fresh Lime Juice
1 cup Cucumber peeled, seeded and finely chopped
1 cup Tomato seeded and finely chopped
1/2 cup Cilantro fresh and chopped
1/2 cup Red Onion finely chopped
1 Serrano Chile Pepper deveined, seeded and minced
Salt to taste
Corn Tostadas

Directions:

1. Wash hands with soap and water.
2. Place the shrimp in a large mixing bowl. Add 1/2 cup lime juice and let stand for 15 minutes so the shrimp soak in the lime juice.
3. Wash hands again with soap and water before working with vegetables.
4. Gently rub vegetables under cold running water to wash. Then peel, seed and chop.
5. In a separate large mixing bowl, mix the remaining 1/2 cup lime juice, cucumbers, tomatoes, cilantro, red onions and serrano pepper to incorporate evenly.
6. Transfer the mixed vegetables into the shrimp bowl and stir together.
7. Season to taste with salt.
8. Serve with tostadas.

Nutrition Facts: Each one cup serving provides 160 Calories, 1 g Total Fat, <1 g Saturated Fat, 148 mg Sodium, 13g Total Carbohydrate, 2g Dietary Fiber, 29g Protein