

# SHRIMP CEVICHE

## INGREDIENTS

- 1 garlic clove
- 1 jalapeño pepper
- ½ cup lime juice (fresh)
- 2 Roma tomato
- 1 small red onion
- 1 avocado
- ½ bunch fresh cilantro
- 1 pound shrimp (peeled, steamed)
- 1 mango (peeled)
- Black pepper (to taste)

## DIRECTIONS

1. Using the food processor, chop the garlic clove, jalapeño, Roma tomatoes, and red onion. You can add the lime juice if you need a little liquid to allow the processor to do its job. Place in a large mixing bowl.
2. With a knife chop the cilantro, shrimp, mango and avocado and add it to the mixing bowl. (Do not put these items in food processor, chop by hand.)
3. Mix all the ingredients together (including any of the lime juice you didn't already add). Add the black pepper to taste.



*Recipe courtesy of American Heart Association*

### **Serves: 8**

**Nutrition Information:** Calories: 134; Total Fat: 4g; Saturated Fat: 0.5g; Cholesterol: 107mg; Sodium: 67mg; Total Carbohydrate: 12g; Dietary Fiber: 3g; Protein: 15g.