

Lucy's Ceviche

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template approved



prep time
10-15 min



total time
1 hour,
45 minutes



servings
6



Ingredients

- 1.5 lbs./680 grams medium cooked shrimp, peeled, deveined and tails removed ~9 servings of protein. You can also add in lean white fish cut into small chunks (such as cod, talapia, mahi mahi, snapper, bass, halibut)
- ¾ cup fresh lime juice
- ¾ cup fresh lemon juice
- 2 medium roma tomatoes, diced (1 cup) ~1 serving of veggies
- ¾ cup chopped red onion ~ 1 serving of veggies
- ½ cup chopped cilantro ~ ½ serving of veggies
- 1 medium jalapeno pepper, diced ~ ½ serving of veggies
- Salt and pepper, to taste
- 1 medium avocado, diced, ~1-2 servings of fat

Instructions

- 1 Soak the shrimp in the ¾ cup lemon juice and ¾ cup lime juice for 30 – 60 minutes in the fridge (or until the shrimp are opaque).
- 2 Add tomatoes, onions, cilantro, jalapeno, salt and pepper and marinate 30 minutes longer.
- 3 Toss in avocado and serve.



Whole recipe serving breakdown:
18 servings of protein
3 servings of veggies
1-2 servings of fat

simple side dish