

Fish Ceviche

Makes 1 serving (1 protein, 1 vegetable)

23 grams protein

4 grams fat

175 calories

Ingredients

- 100 grams white fish or shrimp, chilled and cooked
- 3 tablespoons lemon or lime juice
- 1 ½ cups tomatoes, diced
- 1 tablespoon onion, chopped
- 1 clove garlic, crushed and minced
- Fresh cilantro, chopped
- Dash hot sauce
- Sea salt and pepper to taste

PHASE 3 MODIFICATIONS:

Add diced jalapeno, add additional types of seafood. Serve over cream cheese for a vegetable dip. For a sweeter ceviche, try adding a little fresh fruit.

Directions

1. Steam the shrimp or fish.
2. Add lemon, onion, garlic, and chopped cilantro.
3. Stir in diced tomatoes and hot sauce.
4. Chill and marinate the ingredients in the refrigerator.
Traditionally, ceviche is not cooked. The citric acids "cook" the fish.
This is an alternative to cooking the shrimp or fish.

