

Jalapeno

SHRIMP CEVICHE

Ingredients:

- 12 oz frozen peeled and deveined raw shrimp, thawed
- Large bowl of ice water
- 6 limes, juiced
- 2/3 cup orange juice
- 2 Tbsp hot sauce
- 2 Tbsp olive oil
- 1 medium cucumber, diced
- 1 large green bell pepper, diced
- 1 jalapeño, seeded & diced
- 3 tomatoes, diced
- 1 medium red onion, sliced
- 4 cloves garlic, minced
- 1/2 cup fresh cilantro, minced

Preparation:

1. Bring a large pot of water to a boil. Add shrimp & cook no more than 2 minutes, or until shrimp are white & plump. Use a slotted spoon to remove shrimp from boiling water. Immediately plunge cooked shrimp into ice water to stop the cooking process. Set aside.
2. In a small bowl, add lime juice, orange juice, hot sauce & olive oil. Mix well. Set aside.
3. In a large bowl, add cucumber, peppers, tomatoes, onion, garlic & cilantro.
4. Chop shrimp into 1/2-inch pieces & add to bowl. Mix well. Add sauce & toss to combine.
5. Cover bowl with plastic wrap & refrigerate at least 2 hours before serving.

25 min | Serves 8
2 hours chill

Nutrition Facts

8 servings per recipe
Serving size (202g)

Amount per serving
Calories 100

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 340mg 15%

Total Carbohydrate 10g 4%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 49mg 4%

Iron 1mg 6%

Potassium 260mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.



NIE PROJECT.ORG

This institution is an equal opportunity provider.



JALAPEÑO

In Season

June - October

How to Select

Choose firm jalapeños with smooth, wrinkle-free skin that are free of soft spots or bruises.

How to Store

Refrigerate peppers in a plastic bag up to 5 days or freeze in a freezer-safe bag up to 6 months. Avoid washing until ready to eat.

Helpful Tip

Older jalapeños are spicier. If you like them spicy, look for signs of age such as little white or brown lines, or areas of the skin that are turning red.

