

Ceviche de Panama

Anita de Diaz - Panama, Republic de Panama
Treasure Classics - National LP Gas Association - 1985

Yield: 8 to 10 servings

1 pound flounder
1 cup lemon juice
1 large onion, chopped
1 pimento pepper, chopped

Preparation Time: 10 minutes

Clean the fish and cut in very small pieces.

In a bowl, combine the fish, lemon juice, onion, pimento pepper and salt.

Allow the mixture to set for two or three hours at room temperature.

Refrigerate the mixture for one day.

Serve cold.

Per Serving (excluding unknown items): 516 Calories; 6g Fat (9.6% calories from fat); 88g Protein; 31g Carbohydrate; 3g Dietary Fiber; 218mg Cholesterol; 373mg Sodium. Exchanges: 12 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fruit.