
Seviche

Susanna Wierman Prause

Party Recipes from the Charleston Junior League - 1993

Servings: 10

2 pounds fresh (not frozen) firm-fleshed fish (bass, trout, flounder), cut into bite-size pieces

1 large ripe tomato, peeled, seeded and chopped

1 medium onion, chopped

1 medium green bell pepper, chopped

1 tablespoon olive oil

juice of two limes

3 dashes Tabasco sauce

1/8 teaspoon dried oregano leaves

1/8 teaspoon dried basil leaves

garlic salt (to taste)

freshly ground black pepper (to taste)

1/3 cup fresh parsley, chopped

Combine all of the ingredients in a large glass bowl.

Cover. Chill from two hours to overnight.

Appetizers

Per Serving (excluding unknown items): 23 Calories; 1g Fat (53.6% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat.