

Ceviche

Star Pooley

All Recipes Magazine - April/May 2021

Servings: 10

(1-1/2 cups) juice of eight limes

1 pound bay scallops

1 1/2 cups diced tomatoes

1 cup thinly sliced celery

1/4 cup finely chopped green onions

1/2 cup green bell pepper, chopped

1/2 cup chopped fresh parsley

2 tablespoons chopped fresh cilantro

1 tablespoon olive oil

1/4 teaspoon black pepper

lime wedges (for garnish)

Preparation Time: 20 minutes

In a bowl, pour the lime juice over the scallops. (The scallops should be completely immersed.)

Chill, covered, for at least eight hours or until the scallops are opaque. Keep chilling if you can still see through the scallops.

Drain the scallops, reserving 1/2 cup of the liquid. In a large bowl, gently toss together the scallops, tomatoes, celery, green onions, bell pepper, parsley, cilantro, oil, black pepper and the reserved liquid.

Spoon into serving glasses or bowls and serve with lime wedges.

Per Serving (excluding unknown items): 62 Calories; 2g Fat (2 calories from fat); 8g Protein; Carbohydrate; 1g Dietary Fib; 15mg Cholesterol; 78mg Soc Exchanges: 0 Grain(Starch); Lean Meat; 1/2 Vegetable; 1/