

Shrimp & Avocado Ceviche

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SERVINGS : 4

TIP

A perfect low carb and low fat snack. Serve on low carb crackers or cucumber slices. To remove pulp in cucumber, cut in half lengthwise and run a spoon down the center; discard pulp.

NUTRITION INFO

Calories — 166 Fat — 6 g Protein — 30 g
Carbs — 12 g Fiber — 5 g Net carbs — 7 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.

INGREDIENTS

- 1 lb. shrimp, thawed (cooked, deveined, tails off)
- 1 ½ C. diced Roma tomatoes
- 1 C. avocado, cubed
- 1 C. diced cucumber (*peeled and pulp removed)
- ¼ C. chopped green onion
- ¼ C. chopped fresh cilantro
- Juice of 1 lime
- 1 T. lemon juice
- ½ C. diced red or yellow onion
- 1 ½ tsp. minced jalapeno pepper (deseeded)
- Salt & pepper, to taste

DIRECTIONS

1. Cut the cooked shrimp in small chunks; place in a medium sized bowl.
2. Add remaining ingredients and gently mix together.
3. Serve ceviche cold on top of cucumber slices or low carb crackers. Keep ceviche refrigerated until ready to eat.