

6/16/15

Simple Ceviche

gluten-free, dairy-free, egg-free (makes 4-6 servings)

- 1 pound white fish fillet, skinned and boned
- 1 c. lime juice
- ¼ large red onion, diced
- 1 medium tomato, diced
- 1 Hass avocado, diced
- 1 large clove garlic, minced
- 1/3 c. chopped fresh cilantro (optional)
- Salt, onion powder, garlic powder, to taste

Chop the fish up into about ½” chunks. Combine the fish, lime juice, and onion in a bowl, making sure the fish is well covered in lime juice and cover. Alternatively, place all ingredients in a plastic bag, (placed in a bowl) so you can move the contents every once in a while to ensure even coating with lime juice. Refrigerate for 4 hours or overnight to acid-cook the fish. When the fish is opaque throughout it is ready.

Drain the fish to get rid of excess lime juice.

Add in the remaining ingredients and mix to combine. Serve chilled with pita chips, crackers, or tortilla chips.

Makes 4-6 servings

Nutrition for ¼ recipe: 180 calories; 7 g fat; 6 g carbs; 3 g fiber; 24 g protein