

SMOKY SHRIMP AND AVOCADO SEVICHE

Ingredients

- . 1 ½ pounds fresh, medium shrimp (peeled and deveined)
- . 1 c. avocado (diced and peeled)
- . 1/3 c. red pepper (finely chopped)
- . 1/3 c. jicama (peeled and finely chopped)
- . 1/3 c. fresh lime juice
- . ¼ c. onion (finely chopped)
- . ¼ c. fresh orange juice
- . 3 T fresh cilantro (chopped)
- . 1 T canned chipotle chile in adobo sauce (finely chopped)
- . ½ tsp sugar
- . ½ tsp salt

Directions

1. Prepare ingredients by dicing avocado, chopping red pepper, onion, cilantro and chiles, jicama, and juicing fresh lime and orange.
2. If using fresh shrimp, cook shrimp in boiling water for 2 minutes. Drain and plunge shrimp in ice water.
3. Let stand 3 minutes, drain.
4. Combine shrimp and remaining ingredients in large bowl, stirring well.
5. Cover and chill up to 4 hours.
7. Serve in a martini or margarita glass with a cocktail fork.

Yields: 10 servings
Per ½ cup serving:
Calories: 110
Fat: 4 g
Protein: 15 g
Carb: 4 g (1 g fiber)

RECIPES



*For eating well
after bariatric
surgery*



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