Ceviche

This light dish is great for lunch or to start off a meal.

Makes 4 servings.
¾ cup per serving.

Prep time: 20 minutes

Ingredients

- ½ pound cooked small bay shrimp
- 1 cup diced cucumber
- ½ cup diced avocado
- ½ cup chopped tomatoes
- ¼ cup minced red onion
- ¼ cup frozen corn, thawed
- 3 tablespoons fresh lime juice
- 3 tablespoons prepared taco sauce
- 1 serrano chili, seeds removed and finely chopped

Preparation

1. Combine all ingredients in a small bowl and stir well.
2. Spoon into 4 small dishes and garnish with cilantro. Serve.

Nutrition information per serving: Calories 98, Carbohydrate 9 g, Dietary Fiber 3 g, Protein 9 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 73 mg, Sodium 163 mg