

Ceviche in Endive Cups

Ceviche is a seafood dish that uses lemon, lime or other citrus juice to “cook” it. The cooking process is a result of a chemical reaction from the citric acid. Fresh fish, scallops, shrimp or crab is marinated for at least 8 hours in citrus juices and then eaten. The food is not cooked with heat. It is imperative that the seafood be very fresh.

Living at the coast, fresh fish is abundant. Use the freshest white flakey fish you can find (or catch), flounder, spot tail bass, and sea trout are excellent choices. When making this, the fish must be fresh. Ceviche is a must have at outdoor parties, intimate dinners or with a bunch of friends just hanging out together.

Serves 6-8 Cook Time Marinate at least overnight

Ingredients:

- 1 lb. fresh, flakey white fish (flounder, sea trout, spot tail bass)
- 8 limes, juiced
- 2 tomatoes, diced
- 5 green onions, minced
- 2 stalks celery, sliced
- 1/2 green bell pepper, minced
- 1/2 Cup fresh parsley, chopped
- freshly ground black pepper
- 1 1/2 Tbsps. olive oil
- 1/8 Cup fresh cilantro, chopped
- 2 small heads of endive, leaves separated, washed and dried



Directions:

1. Rinse the fish and cut into small pieces and place in a medium sized bowl. Pour lime juice over the fish. The fish should be completely immersed in the lime juice. Chill the lime juice and fish all day or overnight until the fish are opaque (you cannot see through them).
2. Empty 1/2 of the lime juice from the bowl. Add tomatoes, green onions, celery, green bell pepper, parsley, black pepper, olive oil, and cilantro to the fish mixture. Stir gently. Serve this in endive leaves.

Recommended for patients on the Modified Profast (Fast and Flexible) Program, Nutriplus (Balance Your Pyramid) Program or Maintenance Program.

Nutrition Facts	
Serving Size 1 (4g)	
Amount Per Serving	
Calories 85	
	% Daily Values*
Total Fat 2.8g	4%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 43.8mg	2%
Total Carbohydrate 3.6g	1%
Dietary Fiber 0.9g	4%
Sugars 1.6g	
Protein 11.6g	23%

*Percent Daily Values are based on a 2,000 calorie diet.



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