

# Fit for the Holidays

## Scallop Mango Ceviche



Ceviche is traditionally made by cooking seafood in a citrus-based marinade. This version uses scallops and marinates them in a tangy mango, lime, chile pepper, and onion marinade. Keep it simple and serve it on salad greens with a side of whole-grain tortilla chips.

### Ingredients

- 1 pound dry sea scallops, tough white muscle removed
- 2 ripe mangoes, peeled and chopped, divided
- 1/3 cup lime juice
- 3/4 tsp. salt
- 3/4 cup thinly sliced chile peppers (e.g., poblanos, jalape)
- 1/3 cup thinly sliced red onion



### Preparation

1. Bring 1/2 inch water to a gentle simmer in a large skillet over medium heat. Add scallops and cook until firm and just cooked through (approx. 3-5 minutes). Transfer scallops to a medium non reactive bowl with a slotted spoon.
2. Add half the mango to the bowl containing the scallops. Puree the remaining mango with lime juice and salt until smooth. Pour the puree over the scallops.
3. Add chile peppers and onion; toss to combine.
4. Cover and refrigerate the ceviche for 1 hour, gently stirring half way through. Serve chilled.

**Kitchen tip:** A nonreactive dish, pan, or bowl (e.g., stainless steel, enamel-coated, glass) is needed when marinating foods in acidic ingredients (lime, lemon, or vinegar).

Nutritional Information (per serving)			
Calories	181	Monounsaturated fat	0 g
Protein	20 g	Cholesterol	37 mg
Carbohydrates	24 g	Fiber	2 g
Saturated fat	0 g	Sodium	622 mg

**Resource:** [www.eatingwell.com](http://www.eatingwell.com)

