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1/3 cup thinly sliced red onion

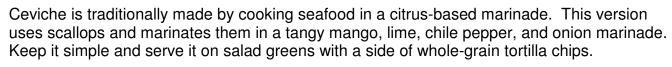
## **Preparation**

- 1. Bring ½ 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



## Ingredients

- 1 pound dry sea scallops, tough white muscle removed
- 2 ripe mangoes, peeled and chopped, divided

Fit for the Holidays

Scallop Mango Ceviche

- 1/3 cup lime juice
- <sup>3</sup>/<sub>4</sub> tsp. salt
- <sup>3</sup>/<sub>4</sub> cup thinly sliced chile peppers (e.g., poblanos, jalape)

