



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 finely chopped 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

Melon Cooler

For a slushy cooler, simply blend ice with melon and water.

Makes 4 servings.

¾ cup per serving.

Prep time: 10 minutes

Ingredients

- 2 cups chopped melon (cantaloupe, honeydew, or watermelon)
- 2 cups cold water

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Nutrition information per serving: Calories 27, Carbohydrate 7 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 15 mg