

# Grouper Ceviche

Recipe courtesy of Delcambre Market Consultant Chef John Reason

## INGREDIENTS

- 1 lb Louisiana grouper, diced
- ½ tsp salt & pepper
- 1 tsp Cajun Mais Palm seasoning or any Cajun seasoning blend
- 4 cloves of garlic, diced & pasted
- ¼ c green chile, seeded & diced
- 2 oz of fresh lime juice
- 1 small red onion, thin sliced
- 1 large tomato, diced
- 1 cup lettuce shredded
- ½ c corn kernels
- Lime slices or wedges for garnish

## DIRECTIONS

1. Place diced grouper in a bowl. Season with salt, pepper & Cajun seasoning to taste. Toads around to well coat.
2. Add garlic paste and diced chiles. Mex well.
3. Pour lime juice over fish. Cover and place in the refrigerator for 15 minutes.
4. Toss in red onion, tomato, lettuce and corn. Mix well and adjust seasoning as needed.
5. Garnish with lime and serve.



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## HEALTHY SWAPS

- **Lower Fat:** Recipe is considered low-fat as is.
- **Lower Carbohydrate:** Omit corn and reduce red onion to half. 130 Calories. 2g Fat (0g Saturated fat, 40mg Cholesterol.) 360mg Sodium. 6g Carbohydrates (1g Fiber, 3g Total sugar.) 23g Protein.
- **Lower Sodium:** Use salt substitute and salt-free Cajun seasoning to reduce sodium to 100mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Ensure Cajun seasoning is gluten-free.

<b>Nutrition Facts</b>	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*	
4 servings per container Serving size 1.5 Cup (249g) <b>Calories</b> per serving	<b>Total Fat</b> 1.5g		<b>2%</b>		<b>Total Carbohydrate</b> 11g		<b>4%</b>
	Saturated Fat 0g		<b>0%</b>		Dietary Fiber 2g		<b>7%</b>
	Trans Fat 0g				Total Sugars 4g		
	<b>Cholesterol</b> 40mg		<b>13%</b>		Includes 0g Added Sugars		<b>0%</b>
	<b>Sodium</b> 360mg		<b>16%</b>		<b>Protein</b> 24g		<b>48%</b>
	Vitamin D 0mcg		0%	• Calcium 70mg	6%	• Iron 1.4mg	8%
	Potassium 790mg		15%				

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**150**