

Scallop Ceviche

Featuring Scallops

A traditional ceviche cures raw seafood with citrus juice, but poaching scallops prior to marinating in lime and lemon juices helps maintain the tender texture and ensures safe food preparation. Try serving this dish with a side of baked tortilla chips or tostada shell.

Ingredients:

Scallops:

12 ounces medium-sized sea scallops, fresh or frozen and defrosted
2 tablespoons salt
Ice bath with 1 tablespoon salt

Ceviche:

1/4 cup fresh lemon juice
1/3 cup fresh lime juice
1 cup diced ripe tomatoes
1 medium cucumber, peeled and diced
1/3 cup finely chopped red onion
1 medium jalapeño chile, halved, seeded if desired, and finely diced
1/4 cup chopped fresh cilantro
1/4 teaspoon salt
1/8 teaspoon ground pepper
1 medium avocado, diced

Instructions:

- 1 To prepare scallops: Locate the square-shaped, fibrous side muscle on each scallop and gently pinch or slice it off with a knife.
- 2 Add 12 cups of water and 2 tablespoons of salt to a large pot and bring to a simmer. Carefully place scallops into the pot, then increase the heat and poach for 2-3 minutes.
- 3 Turn off heat. Using a mesh skimmer or slotted spoon, remove scallops from hot water and place into an ice bath (fill a bowl with ice, add fresh water, and 1 tablespoon salt). Gently stir scallops in the icy water for about 2 minutes.
- 4 With the same skimmer or slotted spoon, remove scallops from the ice bath and place on a cloth- or paper towel-lined plate. Place scallops in the refrigerator until ready to add into the ceviche.
- 5 To prepare ceviche: Add lemon and lime juices, tomatoes, cucumber, onion, and jalapeno to a large bowl. Mix to combine ingredients.
- 6 Cut prepared refrigerated scallops into bite-sized pieces. Add the scallops, cilantro, salt, and pepper to the bowl of vegetables and mix gently. Cover and place in the refrigerator for 30 minutes to one hour to chill.
- 7 Top prepared ceviche with avocado and serve.

**Makes 4 servings,
1 cup each**

Prep Time: 30 min.

Cooking Time: 0 min.

Total Time: 30 min.

Recipe Author

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is a Tucson, Arizona-based dietitian and owner of Christy Wilson Nutrition, LLC, which is a culinary-focused nutrition communications business. Christy also works as a nutrition counselor and cooking teacher at a primary care and HIV specialty community health clinic.

Notes:

- 1 Store in the refrigerator in an airtight container for up to 3 days.

Nutritional information (per serving):

180 calories, 5 g fat, 0 g saturated fat, 700 mg sodium, 3 g carbohydrate, 30 mg cholesterol, 3 g total sugar, 3 g fiber, 16 g protein



Watch the recipe video here:
bit.ly/45qs7xF