

CRAB CEVICHE

INGREDIENTS

- 1/2 cup finely chopped tomato seeded
- 1/4 cup finely diced red onion
- 1 serrano pepper seeds removed and diced
- 2 tbsp. lemon juice
- 2 tbsp. lime juice
- 1/4 tsp. salt
- 8 oz. lump crab meat picked over for shells
- 1/4 cup chopped fresh cilantro
- 1 avocado diced (*for Maintenance only*)

PREPARATION

1. Combine tomato, red onion, pepper, lemon juice, lime juice, salt, and crab meat together in a bowl and mix well.
2. Cover and leave in refrigerator for at least 2 hours.
3. Remove from the refrigerator and gently mix in the cilantro (and avocado).
4. Serve with Ideal Protein Dorados.

