



Mexican Shrimp Cocktail

Serves two to three

3 cups water
1 tsp. chicken or fish stock powder
½ a pound of shrimp – peeled and deveined
¼ cup of the shrimp cooking liquid – cooled
1 cup tomato juice
½ cup ketchup
1 lime – juiced
1 tsp. Worcestershire sauce
1 cup chopped tomatoes (about 2 medium)
½ cup seeded and finely chopped cucumbers (about ½ a medium one)
½ cup of finely chopped red onion (about ¼ of a medium onion)
2 TBS chopped cilantro
1 chili chopped – can be Serrano or jalapeño or whatever chili you can find (optional)
Salt to taste
Cubed avocado and Saltines or tortilla chips

Bring the water to a boil. Add the chicken or fish stock and stir in well. While the water is starting to boil place a bowl of ice water in the sink.

Add the shrimp to the boiling water and stir it. The shrimp will cook very quickly – a couple of minutes – so pay attention. The minute it turns pink and stops being transparent it is cooked. Take ¼ cup of the cooking water and set it aside. Turn off the heat and drain the shrimp. Immediately place it into the ice water.

In another bowl, mix the tomato juice, cooking liquid, ketchup, lime juice, Worcestershire sauce, tomatoes, cucumbers, red onion, cilantro and chili pepper if using. Mix well.

Drain the shrimp and add to the tomato mixture. Mix again. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes and for a max of 12 hours. Serve with diced avocado on top and saltines or tortilla chips. Enjoy!

3 servings no crackers or chips - CALORIES 242.98; FAT 6.08 grs (sat 0.91; mono 2.86; poly 1.28); PROTEIN 23.67 grs ; FIBER 3.71 grs; CARBS 26.02 grs; CHOLESTEROL 108.33 mg; IRON 3.41 mg; SODIUM 4192.93 mg; CALCIUM 339.71 mg