



Smokey Mexican Seafood Cocktail

8 Servings • 1 Serving = ½ Cup

Recipe developed by Connie Guttersen, RD, PhD

INGREDIENTS

- 1 ½ cups clam-tomato juice cocktail, chilled
- ½ cup red onion, finely chopped
- ½ cup cilantro, chopped and divided
- ¼ cup lime juice
- Optional: 1 Tablespoon tomato paste
- 1 -2 teaspoons chipotle in adobo sauce
- 2 (6 ½ ounce) cans crabmeat, drained, flaked, and cartilage removed or 12 ounces shrimp with tails, cooked, peeled, and deveined
- 1 medium avocado, halved, pitted, peeled, and chopped
- 1 cup cucumber, seeded, peeled, and chopped
- Optional: 8 lime wedges

DIRECTIONS

1. In a medium bowl, combine the clam-tomato juice cocktail, red onion, ¼ cup cilantro, lime juice, tomato paste, and chipotle in sauce.
2. Add the crabmeat or shrimp, avocado, and cucumber. Toss gently to coat. Divide mixture into eight servings. Garnish with lime wedges and remaining cilantro.

Nutrition Facts

8 servings per container

Serving size 1/2 cup

Amount per serving

Calories **90**

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 370mg 16%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 57mg 4%

Iron 1mg 6%

Potassium 199mg 4%

*The % Daily Value 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.

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