

Pear Summer Ceviche



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Ingredients

1 pound medium shrimp, peeled, deveined
¼ cup (2 ounces) lime juice
½ cup (2-½ ounces) diced red onion
½ cup (2-½ ounces) diced cucumber
½ cup (2-½ ounces) diced avocado
½ cup (2-½ ounces) diced tomato
½ cup (2-½ ounces) diced jalapeno pepper
1 (15-ounce) can Pacific Northwest Canned Pears,
diced, in light syrup, drained
Corn tortilla shells, for dipping
Sliced cucumber, for dipping
Chips, for dipping

Servings

6 servings (5 cups)

Nutrition

Calories: 123
Total Fat: 3g
Saturated Fat: .58g
Cholesterol: 103mg
Sodium: 470mg
Carbohydrate: 13g
Fiber: 2g
Sugar: 7g
Protein: 12g
Calcium: 56mg
Iron: .57mg

Method

Poach the shrimp: Set a bowl of ice water next to your stove. Fill a medium saucepan with water and bring it to a boil. Add the shrimp and cook until just pink, about 1 minute. Use a slotted spoon to remove the shrimp and immediately dunk it into the ice water. This will stop the residual heat from overcooking the shrimp. Let it sit for about 5 minutes, then drain well. Cut shrimp into 3 to 4 pieces, similar in size to the diced pears.

Prepare the ceviche: Combine the shrimp and all remaining ingredients in a large serving bowl, mix gently to combine. Serve with corn tortilla shells, sliced cucumber, or chips for dipping, if desired.