



Mann's Veggie Scallop and Dungeness Crab “Ceviche”

Servings

8-10

Calories

490

Prep Time

20 minutes

Total Time

24 hrs 20 minutes

Skill Level

Medium

Ingredients

- 1 bunch Mann's BROCCOLINI® baby broccoli (about 9 stalks)
- 1 cup of Mann's Stingless Sugar Snap Peas
- 1 (7 ounce) package Fresh Leaf Farms - Better Romaine Leaf
- 1 yellow bell pepper
- 1 red bell pepper
- 1 (6 ounce) package scallops
- 1 (6 ounce) package Dungeness crab meat
- 2 limes
- ¼ cup of rice wine vinegar
- 1 bunch of cilantro
- 2 teaspoon salt
- 1 teaspoon black pepper



The Method

In a large bowl, combine diced bell peppers, BROCCOLINI® baby broccoli, scallops, thin sliced snap peas, Dungeness crab meat, and chopped cilantro. Cut in half the limes, squeeze the juice, and add the vinegar. Add salt and pepper and mix. Marinate for 24 hours. When ready to serve, use Fresh Leaf Farms - Better Romaine Leaf lettuce singles and scoop ceviche onto leaf.

Nutrition Facts

Serving Size: 412g | Servings: 10

Amount Per Serving

Calories 490 | Calories from Fat 70 | Total Fat 8g (sat fat 3g trans 0g) | Cholesterol 120mg | Sodium 880mg | Total Carbohydrate 65g | Dietary Fiber 4g | Sugars 6g | Protein 38g | Vitamin A 110% | Vitamin C 20% | Calcium 25% | Iron 30%