**Alaska Ceviche with Mango**

**Ingredients**
- ½ cup fresh grapefruit juice
- 1 to 2 Alaska rockfish fillets, or any white, firm fish, skin removed and chopped into bite-size pieces
- 10 Alaska spot prawns or large shrimp, peeled, cleaned and tails removed, then cut into bite-size pieces
- 6 plum tomatoes, chopped
- 1 mango, peeled and chopped
- ¼ cup chopped fresh cilantro leaves

**Directions**
1. In a medium saucepan over moderate heat, bring the grapefruit juice to a boil. Add the rockfish and prawns, reduce the heat to a simmer and poach the fish and prawns until just tender, about 3 minutes.
2. Transfer the fish and prawns to a non-aluminum bowl, cover, and chill in the refrigerator up to 3 hours.
3. In a large bowl, toss together the tomatoes, mango, cilantro, and onion. Add the lime, lemon, and orange juices, the jalapeño or serrano chile, if using, and salt. Add the chilled seafood, stir to combine, and taste to see if you want to add more salt, citrus or spiciness. Serve immediately or chill up to 2 hours for later use.

From Let's Move Kid's State Dinner contest.

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The Family Nutrition Program gives you the tools to make important decisions about your family's health and well-being.

Family Nutrition Program

- Make half your plate fruits and vegetables.
- Choose water over sugary drinks.
- Make a grocery list before you shop.

For information on free classes:
Adrian Kohrt • 907-474-7930
amkohrt@alaska.edu
www.uaf.edu/ces/hhfd/fnp
www.uaf.edu/ces • 1-877-520-5211

Family Nutrition Program

This material was funded by the USDA/Supplemental Nutrition Assistance Program and USDA/National Institute of Food and Agriculture’s Expanded Food and Nutrition Education Program.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 907-485-3347. UAF is an AA/EO employer and educational institution.