

Aguachiles

Recipe by Giovanni Corrilo



Ingredients

- 1 pound raw shrimp
- 1-2 large limes
- salt
- ¼ red onion thinly sliced
- splash of vinegar to brighten color
- tostadas/chips

For Aguachiles Marinade:

- ½ cup fresh lime juice
- 1 garlic clove
- 1 cup cilantro
- 2 jalapenos
- 1 serrano chili (add another for extra spice)
- 1 teaspoon salt

Garnish with avocado, cucumber (English), and cilantro

Directions

1. Prep shrimp by cutting off head and de-veining.
2. Butterfly the shrimp.
3. Place in shallow serving dish, preferably in one layer and on porcelain or glass.
4. Squeeze enough lime to cover the shrimp.
5. This process will take 20-30 minutes. When one side turns pink, flip the shrimp.
6. Thinly slice the onion, place it in a bowl, and season with salt generously.
7. Cover the onions with water and add a splash of white vinegar to bring out color.
8. While onions and shrimp are soaking, place the ½ cup of lime juice, garlic clove, cilantro, jalapenos, serrano, and salt in a blender and blend until smooth and vibrant.
9. Pour the marinade into the shrimp and mix, then mix in most of the onions and leave some for garnish.
10. Garnish with cilantro, English cucumber, and cilantro.
11. Refrigerate for 30 minutes or up to 4 hours.
12. Serve with tostadas or chips and enjoy!

Comments:

- The tostadas were not included in their recipe, so we added 3 assuming if each person in the yield consumes one.
- 1 tsp of salt was removed to meet the FFL sodium requirement of below 600 mg. The shrimp already in itself has most of the sodium.
- The sodium level was above 600 in this recipe, but most of the salt came from the shrimp. If the tostadas are removed it would lower the sodium level only by a bit, since they don't contribute too much sodium.
- 1 cup of avocado was added to the recipe and 0.5g of English cucumber. They had it stated in the recipe but did not have a number. So, we just estimated an amount that could go on as the garnishes.

Nutrients Per Serving:

Yield: 3
Calories: 331
Total Fat: 14.7g
Saturated Fat: 3.1g
Trans Fat: 0
Carbs: 22.5g
Fiber: 7.7g
Sugars: 4.3g
Protein: 25g
Sodium: 971mg



Highlighted Ingredient: Garlic

Garlic benefits rank only second to turmeric benefits in the amount of research backing this superfood. Eating garlic regularly is not only good for us — it has been linked to reducing or even helping prevent four of the major causes of death worldwide, including heart disease, stroke, cancer, and infections.

Source: <https://draxe.com/nutrition/7-raw-garlic-benefits-reversing-disease/>

About Jovanni Corriolo

1. Name: Jovanni Corriolo

2. Age: 17 **3. Background:**

I come from Mexican/Hispanic background that has since blended with the massive and diverse culture Las Vegas provides.

4. School: Cheyenne High School

5. Why is this recipe important to you?

This recipe reminds me of unity. I have a huge family with members I've never met yet. But every time we get together, this dish is surely to be on the menu.

6. How long have you been cooking?

I have been cooking for 3 years.

7. What does food/cooking mean to you?

Cooking is a sanctuary. It is a passion that always leads to a positive result. The food you thought you could never make is indeed possible and knowing you made it makes it taste even better. It is also vast and has so many new things to learn. Even with mistakes, the knowledge of what you did wrong can improve your skills and make you a better cook.