RECIPE

Peruvian Vegetarian Ceviche

This unique take on ceviche is full of fresh veggies.

Makes: 8 Servings
Prep Time: 10 minutes
Cook Time: 5 minutes

Source: FoodHero.org; OSU Extension Latin Heritage Workgroup

Ingredients

- 1 medium cucumber, peeled and chopped
- 3 to 4 green onions, finely chopped, or ½ cup finely chopped red onion
- 1 jalapeño, finely chopped or ¼ cup red salsa
- 2 lemons or limes, squeezed for juice (about ⅓ cup)
- 1 small (or ½ medium) head of cauliflower, cut or broken into large florets
- 3 medium tomatoes, chopped
- 1 to 2 teaspoons garlic powder or 6 cloves garlic, minced
- 1 cup chopped cilantro
- ¾ teaspoon salt
- 1 avocado, chopped (optional)

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a large bowl, stir together the cucumber, onion, jalapeño, and lemon or lime juice. Set aside for 5 minutes.
4. Bring 6 cups of water to a boil in a medium saucepan. Place the cauliflower in the boiling water for 2 minutes to make it a little tender. To do this in the microwave, put the cauliflower and 1 Tablespoon water in a microwave-safe dish with a cover and cook on HIGH for about 2 minutes.

Small Changes, BIG Difference!

Vegetables

Nutrition Information

Serving Size: 3/4 Cup

Nutrients	Amount
Calories:	30
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	230 mg
Total Carbohydrates:	7 g
Dietary Fiber:	2 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	1 g

Utensils Needed

- Large Mixing Bowl
- Large Spoon
- Measuring Cups
- Measuring Spoons
- Medium Saucepan
- Sharp Knife
- Cutting Board

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DIRECTIONS CONTINUED

5. Drain and rinse the cauliflower in ice-cold water. Chop into small pieces and add to the bowl of other vegetables.
6. Add the rest of the ingredients, except the avocado. Stir to mix well.
7. Add the avocado just before serving, if desired.
8. Refrigerate leftovers within 2 hours.

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