

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 ½ 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!



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

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.

SHOPPING LIST

Average total cost without oil and seasonings: \$10.34

Average cost/serving: \$1.29

Recipe Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 1 to Cart
Cucumber, medium



Add 1 to Cart
Green Onions, 1 bunch



Add 1 to Cart
1 Jalapeno



Add 2 to Cart
Lemons



Add 1 to Cart
Cauliflower, small head



Add 3 to Cart
Tomatoes, medium



Add 1 to Cart
Garlic



Add 1 to Cart
Cilantro, 1 bunch

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Try basil or dill (dry or fresh) instead of cilantro. Use $\frac{1}{4}$ to $\frac{1}{3}$ cup of dried herbs because they are more concentrated in flavor.
- Add more color with yellow or purple cauliflower.
- Serve with tostadas, tortilla chips or crackers.