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.
- 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:	<u>0 g</u>
Saturated Fat:	<u>0 g</u>
Cholesterol:	0 mg
Sodium:	230 mg
Total Carbohydrates:	<u>7 g</u>
Dietary Fiber:	<u>2 g</u>
Total Sugars:	<u>3 g</u>
Added Sugars:	<u>0 g</u>
Protein	<u>1 g</u>

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

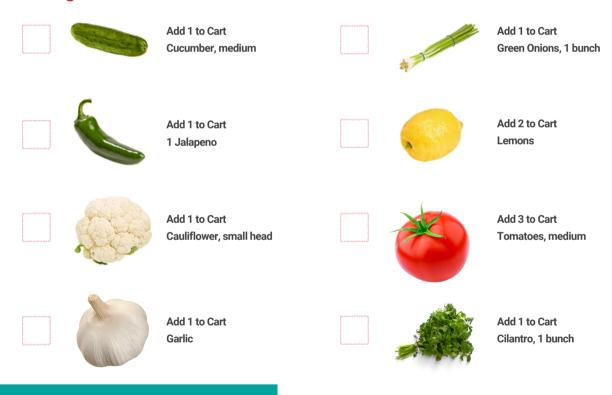
Average total cost without oil and seasonings: \$10.34

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



My Cooking Notes

Chef's Notes

Try basil or dill (dry or fresh) instead of cilantro.
Use ¼ to ⅓ cup of dried herbs because they are more concentrated in flavor.

SAVE TIME, SAVE MONEY

- · Add more color with yellow or purple cauliflower.
- · Serve with tostadas, tortilla chips or crackers.

