

Hearts of Palm and Cauliflower Ceviche

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: ½ cup

Ingredients	Quantity	Measure
Leche de Tigre		
Lime juice	½	cup
Lemon juice	¼	cup
Grapefruit juice, Ruby Red if possible	¼	cup
Cilantro, roughly chopped and large stems removed	1	bunch
Jalapeno, seeded	1	each
Black pepper	¼	teaspoon
Salt	¼	teaspoon
Ceviche		
Cauliflower, fresh, core removed, chopped into small pieces	1	each
Tomatoes, Roma, seeded and small dice	6	each
Red onion, small dice	1	each
Jalapeno, seeded and small dice	2	each
Hearts of Palm, sliced thinly into coins	2	14-ounce cans
Cilantro, chopped	1	bunch
Salt		to taste
Black pepper		to taste

Preparation

1. Place all the ingredients for the leche de tigre into a high-speed blender and blend on high until smooth. Reserve.
2. Combine the cauliflower, tomatoes, red onion, and jalapeno in a large bowl. Pour the leche de tigre over the mixture and combine well. Fold in the hearts of palm (being careful not to break it up too much) and the cilantro. Adjust the seasoning with salt and pepper and add more citrus juice if needed for taste or consistency. If dry or flat, add 1 tablespoon of extra virgin olive oil for a better mouth feel.

Nutrition Information *From USDA Nutrient Database

Calories: 194 Total Fat: 8.7g Saturated Fat: 1.5g Monounsaturated Fat: 4.5g Polyunsaturated Fat: 1.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 22.4g Fiber: 3.5g Total Sugar: 10.8g Protein: 6.4g Sodium: 82mg Vitamin A: 33µg Vitamin C: 54mg Calcium: 38mg Iron: 2.3mg Folate: 64µg



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