



## Cauliflower Ceviche

Serving size: 4-6

### Ingredients:

- 1 medium head of cauliflower, finely chopped (about 2½ cups)
- 2 cups tomatoes, diced (about 4 medium size)
- 1 cup chopped red onion (1 onion)
- 2 jalapeño peppers, diced
- 1 cup fresh lime juice (6 limes)
- ¼ cup chopped cilantro
- 3 Persian cucumbers, small diced
- 2 avocados, diced
- ¼ teaspoon salt
- Freshly ground black pepper, to taste
- Red chili pepper flakes, to taste
- Tostadas or whole grain chips for dipping (optional)

### Equipment:

- Mixing bowl
- Bowl for ice bath

### Instructions:

1. Bring a large pot of salted water to boil. Place head of cauliflower into the pot of boiling water and cook until tender to bite (about 3-5 minutes). Then place the cauliflower into an ice bath (bowl with ice and water) to stop cooking. Drain and then when ready, cut finely.
2. Combine cauliflower with tomatoes, red onion, jalapeño peppers, lime juice, cilantro, cucumbers in a mixing bowl and toss together thoroughly.
3. Season with salt and pepper and let marinate for minimum 30 minutes to 2 hours for maximum flavor.
4. Serve with avocados and chili pepper flakes and adjust seasoning to taste with chips or tostadas.
5. Enjoy!