

Ceviche



Ceviche is a wonderful dish to enjoy during the hot summer months.

Since ceviche is traditionally made with fish, in this recipe we replace the fish with hearts of palm to keep a similar texture, and add some kelp granules for flavor.

Serves 2-4

- 1 can Hearts of Palm
- 1 Tomato, chopped
- 1 medium cucumber
- ½ red onion, chopped
- ½ cup cilantro, chopped
- 1 large avocado, chopped
- Juice of 3 limes
- ½ tsp garlic powder
- ½ tsp salt
- 1 tsp kelp granules*

*Crushed seaweed can be also be used.

Drain and rinse hearts of palm, then chop into small pieces.

Chop the tomato, cucumber, red onion, cilantro, and avocado into small pieces.

Combine chopped vegetables and hearts of palm in a mixing bowl. Squeeze lime juice into bowl, add spices, then mix well.

Chill in fridge for at least one hour, more if possible.

Serve on tostada shells, or with your choice of chips (tortilla chips and pita chips go well with ceviche).