

Vegan Citrus Mango Ceviche



This quick plant-based version of the South American dish where seafood cooks in acid, adds bright mango and citrus to hearts of palm resulting in an appetizer that's a bowl full of sunshine!

YIELD 12 SERVINGS	PREP TIME 45 MIN	TOTAL TIME 60 MIN
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INGREDIENTS

1 each	Orange, juiced
2 each	Lemons, juiced
3 each	Limes, juiced
2 (14 oz) cans	Hearts of Palm, drained and rinsed then diced
1 each	Mango, ripe, small dice
1 medium	Globe Tomato, small dice
1 medium	Jalapeno Pepper, seeded, small dice
¼ cup	Cilantro, minced
2 Tbsp	Mint, minced
¾ tsp	Kosher Salt

CHEF'S NOTES

Try this recipe with your favorite herbs or vegetables: red onion or celery would be great for an added crunch. Adding the citrus zest will result in bolder flavor!

Store any leftovers in a tightly sealed container for up to 3 days in the refrigerator.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare ingredients as described above.
2. In a medium bowl, combine the juice of the orange, lemons, and limes. Set aside.
3. Add the diced hearts of palm to the bowl with the citrus juice, mixing to combine. Place the mixture in the refrigerator until it is time to assemble the ceviche.
4. While the hearts of palm marinate, cut the mango, tomato, jalapeno, and herbs and add to a large bowl along with the salt, mixing to combine.
5. To assemble the ceviche, add the marinated hearts of palm and about half of the citrus juice to the bowl of vegetables and mix the ceviche well. If the ceviche appears dry, add some of the remaining citrus juice. Serve immediately with homemade tortilla chips for dipping!

Nutrition Facts

12 servings per container

Serving size 1/2 cup (107g)

Amount Per Serving

Calories 40

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 7%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0.2mcg 0%

Calcium 10mg 0%

Iron 0.7mg 4%

Potassium 170mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

