

Cauliflower Ceviche

Prep Time: 20 minutes | Cook Time: 5 minutes | Total Time: 25 minutes | Servings: 4

Ingredients

- 1 head cauliflower separated into florets
- 1 red onion thinly sliced
- 1 jalapeno pepper minced (seeds and ribs removed, optional)
- 1 cup chopped tomatoes
- 1 bunch cilantro chopped
- 1/2 cup fresh lime juice
- salt to taste
- tortilla chips and lime wedges for serving (optional)



Instructions

- Bring a large pot of water to a boil.
- Add the cauliflower florets and cook until just tender when pierced with a fork.
- Immediately remove the cauliflower and place the florets in a large bowl of ice water to stop the cooking.
- Once they are cool, pat the florets dry with a kitchen towel.
- Chop the cauliflower florets into small pieces.
- In a large bowl, place the chopped cauliflower, onion, jalapeno, tomatoes, and cilantro and toss together.
- Add the lime juice and salt and toss well to coat.
- Refrigerate until ready to serve.
- Garnish with lime wedges and serve with tortilla chips, if desired.

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