



SANTOSHA  
*plant-based nutrition*

## **Plant-Based Ceviche**

*Serves 10-12*

### ***Ingredients***

- 14 oz hearts of palm (roughly chopped - non uniform pieces)
- 1 cup water
- 10 heirloom cherry tomatoes (diced)
- ¼ red onion (diced)
- 1 small jalapeno - de-seeded & diced
- ½ orange bell pepper (diced)
- ½ yellow bell peppers (diced)
- ½ cucumber (diced)
- 1-2 limes (juiced)
- 1 Tbsp olive oil
- ½ bunch of parsley (roughly chopped)
- ½ bunch of cilantro (roughly chopped)
- Salt and pepper to taste
- **1-2 tsp kelp granules**

### ***Instructions***

Rinse hearts of palm add to a large mixing bowl. Pour water over the palm pieces and add 1 tsp salt & kelp granules - mix and set aside to soak for at least 30 minutes. Dice vegetables and herbs while palm is soaking. Drain hearts of palm keeping as many kelp granules in the bowl as possible. Add diced vegetables, lime juice, olive oil, parsley, salt & pepper. Mix with spoon until ingredients are incorporated. Serve at room temperature or refrigerate before serving. Garnish with additional herbs and slice of lime.

Serve with tortilla chips.