

UC-VEG

Umpqua Community Veg Education Group

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Vegan Ceviche

Ingredients:

- 1 red bell pepper
- ½ red onion
- 2 jalapenos
- 1 tomato
- 2 cans hearts of palm
- 1 bunch cilantro
- 2 limes (juice)
- salt to taste
- 1 can chickpea
- Furikake OR Shredded Nori sheets (add as much as desired for seafood taste)
- 3 tbsp olive oil (optional)

Add any other vegetable you would like.

Chop up: red bell pepper, onion, jalapenos, tomato and hearts of palms.

Add all of the chopped ingredients to a bowl. Mix in whole or slightly diced chickpeas. If using nori sheets, crush into crumbs and mix as much as desired.

Mix olive oil, lime juice and salt and drizzle over ingredients. Add a bunch of cilantro and enjoy!