



BLUE ZONES PROJECT

RECIPES

*From the kitchen of:
Blue Zones Project®*





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Cauliflower Ceviche

Yields: 4 servings

Ingredients

- 1 large cauliflower head
- 2 roma tomatoes, small diced
- 1 white onion, small diced
- 1 small carrot, peeled and finely chopped
- 2 celery sticks, finely chopped
- 1 jalapeño, finely chopped
- 2-3 verna lemons juiced
- 1/2 cup of chopped cilantro
- Salt to taste

Directions

1. Bring a medium pot of water to a boil. Grab your cauliflower head and cut it into big pieces. Boil it for about 3 minutes, take the cauliflower out and submerge it in an ice water bath.
2. Dice the white onion into small cubes, squeeze the juice from the Verna lemons and combine. When the cauliflower is completely cooled, chop it into small pieces either by hand or pulsed in a food processor, and add it to the onion and lemon mixture.
3. Dice the roma tomatoes into small cubes. Peel the carrot, finely chop it and finely chop the celery sticks. Chop the cilantro. Combine all veggies together and add salt to taste. Mix it up and enjoy topped with some pickled jalapeños, pickled onions, avocado, your favorite hot sauce, etc. You can even enjoy it on a bed of greens, on a cracker, tostada, or lettuce wrap.
4. Raw: Grab your cauliflower head and cut it into big pieces. Chop it into small pieces either by hand or pulsed in a food processor.
5. Dice the white onion into small cubes, squeeze the juice from the Verna lemons, combine, and add the cauliflower to the mixture.
6. Dice the roma tomatoes into small cubes. Peel the carrot, finely chop it and finely chop the celery sticks. Chop the cilantro. Combine all veggies together and add salt to taste. Mix it up and enjoy topped with some pickled jalapeños, pickled onions, avocado, your favorite hot sauce, etc. You can even enjoy it on a bed of greens, on a cracker, tostada, or lettuce wrap.