

Recipe for

Mushroom Ceviche with Mango



SERVES 1

PREP TIME/TOTAL

TIME Approx 10 min/ 10 min

NUTRITION INFORMATION

Total Calories 157.5

Fat .8 g

Protein 2.7 g

Carbohydrates 36.7 g

Fiber 6.6 g

INGREDIENTS

1/2 cup of oyster mushrooms, chopped

1/2 cup of diced baby bella mushrooms

2 tbsp of red onions, finely chopped

1/4 cup of chopped red bell peppers

1/4 jalapeno minced

4- 5 tbsp of lime

1 small garlic clove minced(optional)

1/2 cup of Mango

1-2 tsp of cilantro

2 cup of Arugula or romaine lettuce

DIRECTIONS

Place 1/2 cup of chopped oyster mushrooms and 1/2 cup of diced baby bella mushrooms, 2 tb of red onion, 1/4 cup of bell peppers, 1/4 jalapeno minced, 4 tbsp of lime, 1 small clove of garlic minced in a bowl and mix and let sit for at least 60 minutes. Add mango and mix thoroughly and place the bowl in fridge for an hour. Even tastier if placed in the fridge overnight.

Then place 2 cups of arugula or romaine lettuce in a shallow bowl at the bottom and top with the ceviche mixture. Garnish with cilantro.