

# Recipe for

## Mushroom Ceviche



SERVES 1

PREP TIME/TOTAL

TIME Approx 5 min/ 10 min

### NUTRITION INFORMATION

Total Calories 103.5

Fat .6 g

Protein 2.7 g

Carbohydrates 22.7 g

Fiber 5.1 g

### INGREDIENTS

1/2 cup of oyster mushrooms

1/2 cup of diced baby bella mushrooms

1/4 cup of red onions

1/4 cup of bell peppers

1/4 jalapeno minced

4 tbsp of lime

1 small clove of garlic minced

### DIRECTIONS

Place 1/2 cup of oyster mushrooms and 1/2 cup of diced baby bella mushrooms, 1/4 cup of red Onions, 1/4 cup of bell peppers, 1/4 jalapeno minced, 4 table spoons of lime, 1 small clove of garlic minced. Place all ingredients in a bowl and mix and let sit for at least 15 minutes. Then place 2-3 cups of arugula in a shallow bowl at the bottom and top with the ceviche mixture. Garnish with cilantro

