

## Avocado and Citrus “Ceviche”

*This seafood-free “ceviche” is made with citrus fruits and avocados and perfect as a winter appetizer with tortilla chips or as a side salad. Oranges and grapefruits are an excellent source of Vitamin C and avocados are good source of fiber and heart healthy fats.*

Serves: 6 appetizer servings

### Ingredients

- 1 large grapefruit (Ruby Red or another sweet variety)
- 2 medium oranges
- 2 large avocados, diced
- 1/2 cup finely chopped red onion
- 1/2 cup chopped fresh cilantro
- 1/2 medium jalapeño, seeds and membranes removed, finely chopped
- 1/4 cup lime juice (about 2 limes), more to taste
- 1/2 tsp salt, to taste
- Optional: Tortilla chips, for serving

### Directions

1. Prepare the citrus. Slice off the top and bottom of the grapefruit and oranges. Stand them upright on a cutting board and remove the peel by cutting along the contour of the fruit, making sure to remove all the white pith.
2. Slice the fruit crosswise into 1/2 inch slices and cut each slice into quarters.
3. In a medium serving bowl, combine the citrus, avocados, onion, cilantro, jalapeño, lime juice and salt. Gently toss to combine.
4. Adjust to taste with extra salt and lime juice, if needed.
5. Serve immediately, with tortilla chips if desired. This “ceviche” is best consumed within a few hours.

### Nutrition Info per Serving:

Calories: 200, Saturated Fat: 1.8 g, Sodium: 217 mg, Added Sugars: 0 g Fiber: 7.6 g

Adapted from:

<https://cookieandkate.com/vegan-citrus-ceviche-recipe/>