

# UFI's Ceviche

Recipe courtesy of Beth Roy



## Ingredients

- 1 vegetarian pepper, cut small dice
- 1/2 red onion sliced paper thin
- 4 limes
- 1 lemon
- 1 lb kohlrabi, peeled with fibers removed, cut julienne
- 1/8 ghost pepper, cut tiny dice
- 2 June plums, cut julienne
- 2 wild caught flounder fillets (sashimi/sushi grade) cut medium dice
- 4 parsley sprigs, cut chiffonade
- 15 Everglades tomatoes, cut in half
- 1/4 tsp salt
- 1/4 tsp fresh ground pepper

## Directions

1. Mix everything in juice of 4 limes, EXCEPT parsley, tomatoes and avocado.
2. After a min of 30 mins or overnight, drain liquid.
3. Add parsley, tomatoes and avocado. Stir well, being careful to not mush the avocado.
4. Add juice of lemon.
5. Serve with crostinis.



# Urban Farming Institute

## What we do

- One of the largest agricultural facilities in Broward County.
- A preceptor site for the Nova Southeastern University Registered Dietician Nutritionist Graduate Level Programming
- Built over 70 community gardens in Broward County, including hydroponics and raised garden beds.
- A place where the community learns how to grow healthy food while enhancing their local environment



## Support our Mission



Scan QR code for details



Come Visit Us!

1101 NE 40th Ct

Oakland Park, FL 33334

 [discoverufi.org](http://discoverufi.org)

954-696-9577