

# Vegetarian Favorites

## Cauliflower Ceviche

Serving Size 4

### Ingredients

1 hd. Cauliflower, shredded  
3 Tomatoes, diced  
2 branches of celery, small diced  
2 cucumbers, peeled, deseeded, diced  
1 carrot, peeled and chopped  
1 small red onion, finely diced  
1 bunch cilantro, chopped  
5 limes, juiced  
Hot sauce, to taste  
2 tsp oregano  
Salt and pepper, to taste  
2 Avocados, sliced  
Bib lettuce or "living lettuce" leaves

### Preparation

Shred/chop cauliflower in to small pieces and place into large bowl. Combine the cauliflower, tomato, celery, carrot, onion, cilantro, and lime juice and mix well. Season with hot sauce, oregano, salt, pepper and let marinate for 30 minutes. Adjust seasoning and serve in lettuce cups, or on top of tostadas and garnish with avocado slices.

*Recipe by Vicente P. La Clinica Wellness Center Lab Technician*

### Tips & Tricks...

- Let your ceviche marinate for at least 30 minutes to let the flavor develop. If possible, a couple of hours before would be best.
- In a time crunch? Buy premade cauliflower rice in the produce section.
- Vicente recommends Salsa Wichol as the preferred hot sauce.

# Vegetarian Favorites

## Sweet Potato Stew

Serving Size 4

### Ingredients

2 teaspoons extra-virgin olive oil  
1 medium-size yellow onion, diced  
2 garlic cloves, minced  
1 large sweet potato, chopped into medium-size cubes  
2 large carrots, cut into thin rounds  
2 green zucchini, cut into thin half-rounds  
1 small can (15oz) of diced tomatoes, no salt added  
2 cups low sodium vegetable broth  
1 tablespoon curry powder  
1/4 cup natural peanut butter  
3 sprigs of fresh thyme, minced, or 1 teaspoon dried thyme  
Sea salt to taste

### Preparation

Heat the oil in one of the soup pots on medium heat and sauté the onion and garlic until translucent (3-4 minutes).

While the onions and garlic cook, chop up the sweet potato, carrots, and zucchini.

Add sweet potato and vegetables to the pot; saute for 3-4 minutes.

Add the diced tomatoes, vegetable broth, and curry powder, and bring to a boil. Cover and simmer for 10 minutes.

After 10 minutes, add the peanut butter and the thyme to the stew.

Let it cook, covered, for another 3-5 minutes.

Salt to taste, serve and enjoy!

### Tips & Tricks...

- Sweet potato peanut stew, or groundnut stew, is called Mafe in West Africa. The stew uses a savory sauce made from peanut butter and tomatoes and is common throughout West and Central Africa. This recipe is based on one from Iba Thiam, chef and owner of [Cazamance](#) restaurant in Austin, Texas, and it is one of the recipes in [Old-ways' A Taste of African Heritage](#) cooking program. The sweet potato, a much-loved African heritage food, is a featured ingredient.