

Fruit Ceviche

4 Servings • 1 Serving = 1 Cup



INGREDIENTS

- 1 ½ cup jicama sticks, peeled and sliced into matchsticks
- ½ English cucumber
- ¾ cup melon chunks
- ½ large avocado
- Juice of ½ lime
- Juice from ¼ orange
- 1 teaspoon extra virgin olive oil
- Guajillo chile powder, to taste
- Salt, to taste

DIRECTIONS

1. Add jicama to a bowl.
2. Slice the cucumber in half, then slice one half lengthwise. Scoop out the seeds with a spoon and then slice the cucumber into half-moons. Add to the bowl.
3. Slice the melon and avocado into bite sized chunks. Add to the bowl.
4. Add the lime and orange juice to the bowl. Drizzle the oil over the mixture and stir gently.
5. Season with guajillo powder and salt.

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 1mg	6%
Potassium 317mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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