



## SUPER FOODS VEGETABLE CEVICHE

Officially, May is the month to celebrate Cinco de Mayo and Mother's Day. Unofficially, I believe Mothers should be celebrated everyday because we are a pretty awesome species! So this May, serve the special woman in your life Super Foods "Ceviche" to help keep her fueled for any task at hand. Ceviche traditionally describes a Spanish appetizer of raw marinated fish; my version of this dish contains an array of healthy, antioxidant-rich raw marinated vegetables and fruits that are both delicious tasting and good for you. What's not to love about avocados and strawberries? Enjoy on any of the Key Diets.



### Ingredients:

- One whole avocado, sliced
- Two cups sliced strawberries
- One yellow or red pepper, thinly sliced
- Two cups cherry tomatoes, halved
- One cup diced cucumbers
- One cup diced sugar snap peas or snow peas
- Four green onion stalks, thinly diced
- 1/4 cup fresh cilantro leaves
- 1/4 cup olive or avocado oil
- 1 garlic clove, minced
- Juice from one whole lime
- Zest from whole lime

### Instructions:

For the dressing, whisk together the oil, garlic, lime juice and zest. Season with salt.

In a separate bowl, add all the vegetables together, except the cilantro. Gently stir in the dressing, refrigerate and let it marinate until ready to serve, up to 4 hours.

On a serving platter, arrange the marinated "ceviche" and top with fresh cilantro. Sprinkle cracked pepper over the entire dish. You are now ready to serve it up to your Mother!

**Variations:** This dish makes a perfect meal served up with a piece of grilled salmon, a skewer of grilled prawns, or some "raw fish." For a Spanish kick on Cinco de Mayo, add jalapeno slices and diced jicama.

Makes 4 servings, each containing approximately 3 fat servings and 10 net carbs.





by Paula Hendricks, Nutrition Consultant

## Get Ready to Celebrate!

I love the month of May. The celebrations begin with Cinco de Mayo, then on the 11<sup>th</sup>, Mother's Day, and finally, the kickoff to summertime with Memorial Weekend.

What's not to love about Cinco de Mayo? Officially, it's a day to celebrate Mexican heritage; unofficially, it's an opportunity to splurge on Mexican cuisine, although I must confess, I could eat it every day. Most people believe that Mexican food is too fatty and not good for the waist. I disagree - you just need to be savvy. There are many dishes you can enjoy without all the extra calories.

Most Mexican restaurants offer an array of regional food that can be modified to your dietary needs. You will probably need to limit the chips, and enjoy the salsa and guacamole with a salad starter. Order the fresh fish dish, tacos protein-style (no shell), or a savory meat dish with vegetables. Be careful with rice and beans; a quarter cup of each is plenty.

Men. Celebrate Mother's Day this year with the special women in your life. Warning - no appliance gifts please. Instead, take them out to enjoy a wonderful brunch or lunch. Moms like to watch what they eat to keep fit so take them somewhere where there are options for healthy eating. As always, choose a restaurant that offers refreshing breakfast and lunch food options - they won't overeat like they might at a buffet. Find a restaurant close to you, either in walking or biking distance, where you can spend some quality time with your loved ones on this special Mother's Day.

Start some new traditions in your life. Learn to eat Mexican food often without guilt - just make good choices. Make every Sunday Mother's Day - yes, we are that special! This Memorial weekend, plan on taking a long, overdue nap. It's good for the mind, body and soul. Share with us some of your celebrations this month.