



## **Mahi Mahi Jalapeno Ceviche with Quinoa, Kale, and Almond Chips by Kaoticfool**

### **Ingredients**

#### **Ceviche**

Mahi-mahi 4 oz.  
Limes 3  
Cilantro sprigs 4  
Oregano 1/2 tsp  
Red onion 1/4 cup diced  
Jalapeno 1 diced  
Sea salt and pepper to taste

#### **Quinoa Almond Kale Chips**

Uncooked tricolor quinoa 1/4 cup  
Raw slivered almonds 2 tbsp  
Kale 1/2 cup  
1/4 cup water  
Dash of cayenne pepper  
Salt & pepper to taste  
Coconut oil spray

### **Directions**

1. Season mahi-mahi filet with a squeeze of lime, salt, and pepper.
2. Grill mahi-mahi filet in George Foreman grill for 5 minutes, and crumble once cooled.
3. Combine cilantro, juice from limes, and the remaining ingredients into bowl with mahi-mahi pieces.
4. Preheat oven to 450 degrees F and rinse quinoa under cold water, removing as much excess water as possible.
6. Toast quinoa and almonds in a frying pan for 2 minutes, or until fragrant.
7. Transfer pan contents to a blender with kale and cayenne. Blend, and add water 1 tablespoon at a time until mixture becomes doughy.

8. Spray parchment paper with coconut oil, and press dough onto parchment paper. Cover with another sheet and roll top to flatten. Season with salt and pepper.
9. Bake in preheated oven for 2 minutes.
10. Remove from oven and cut into squares or desired shape.
11. Return to oven and bake for additional 5 minutes, or until browned.

**Nutrition Facts**

Serving size: 2 cups ceviche, 1 cup chips

Recipe yields 1 serving

Calories 540

Fat 15 g

Carbs 57 g

Protein 76 g