



Ceviche with Albacore Tuna & Mango

15 min

CA

OR

WA

2-4

Ingredients

1 lb sushi-grade Albacore tuna loin, cubed

1/2 cup fresh lime juice

1/4 cup lemon juice

1 medium tomato or 1/2 cup cherry tomatoes

1/2 red onion, thinly sliced

1/2 mango, diced

1/4 cup cilantro, chopped

1 jalapeno or chili pepper, minced (optional)

2 cloves garlic, diced or crushed

2 tablespoons olive oil
6 mint leaves (optional)
salt and pepper to taste

Optional Ingredients

Avocado
Cucumber
Corn

Marinate the Tuna

Place cubed tuna in a bowl and add lime and lemon juice. Toss to coat and let marinate for at least 20 minutes, longer "cook time" results in more melded flavor.

Add Vegetables

Add the red onion, mango, cilantro, and chili pepper (if desired).

Season and Serve

Season with salt and pepper, adjusting to taste. Serve chilled with whole grain tortilla chips or lettuce leaves.

Recipe and Photo by Emily Reilly, MPH, OSU Extension Service

Species Group
Albacore Tuna