

Argentina Hearts of Palm Salad

Recipe by: Kentra Parsons, Culinary Services Director, The Gardens at Town Square
Approximately 4 - 6 servings

INGREDIENTS

14 oz. canned hearts of palm, drained and sliced in half
½ cup chopped fresh tomatoes
3 Tbsp. chopped green onions
3 Tbsp. water
2 Tbsp. fresh lime juice
1½ Tbsp. extra virgin olive oil
1 Tbsp. sugar
2 Tbsp. fresh chopped cilantro
1 medium Hass sliced avocado

PREPARATION

Step 1

In a large serving bowl, combine water, lime juice, oil, and sugar; stir in green onions and cilantro.

Step 2

Add hearts of palm, tomatoes, and avocado to bowl; gently toss to coat. Season to taste with salt and pepper. Serve chilled.