

RECIPE OF THE WEEK

Olive Oil Hearts of Palm Pasta

Ingredients

- 12 oz Hearts of Palm Linguine
- 2 tsp. Extra Virgin Olive Oil
- 3 garlic cloves – crushed and chopped
- 1/4 tsp salt-free seasoning
- 8 grape tomatoes – halved
- 1 tsp Italian seasonings
- Crumbled feta cheese (for maintenance)
- 1 tsp black pepper
- 3 fresh basil leaves – torn
- 1/2 lemon zest
- Red pepper flakes – crushed (optional)
- 1 ounce cooked shredded chicken (optional)



Preparation

1. Rinse the Hearts of Palm Linguine with water and set it aside.
2. Heat the extra virgin olive oil in a pan over medium heat.
3. Lower the heat and add the garlic and a pinch of salt replacement seasoning.
4. Cook for 10 seconds and keep stirring regularly.
5. Add tomatoes and stir in the Italian seasonings, pepper, basil, and lemon zest.
6. Cook on low heat for about 30 seconds.
7. Add the linguine and shredded chicken to the pan – toss to coat – and cook for another 1-2 minutes.
8. Place the lid on the pan.
9. Turn off heat and let sit for 1 minute.
10. Toss again to coat evenly.
11. Cook longer if you want your linguine softer.
12. Serve immediately. Top with more fresh basil, crushed red pepper, and if you are on maintenance, add a sprinkle of Feta cheese.

