

SPICY SEARED HEARTS OF PALM ROUNDS

INGREDIENTS

- 1 14-ounce can of heart of palm - drained and sliced into 1/2-inch rounds
- Few tbsp. of seasoning blend - of choice
- 1 tsp. of olive oil



PREPARATION

1. Add the seasoning blend to a small bowl.
2. Dip Heart of Palm rounds into the spices, flip so both sides are coated.
3. Lay on a tray or plate.
4. Coat a frying pan with oil to get a thin layer. Heat up the pan over medium heat. Carefully arrange the rounds on the hot pan.
5. Cook on each side 1-2 minutes, until lightly browned.
6. Transfer to serving platter or use as desired. Serve and enjoy!

