

TOMATO AND HEARTS OF PALM SALAD



SERVING SIZE

3



INGREDIENTS

ITEM

Cherry Tomatoes, sliced in half
Hearts of Palm, drained and sliced into ¼-inch rings
Red Onion, thinly sliced
Italian Parsley, chopped
Ideal Protein Balsamic Dressing

QUANTITY

3 Cups
1 (15 oz.) Can
½ Cup
¼ Cup
To Taste



PREPARATION

- In a large mixing bowl, add cherry tomatoes, hearts of palm, red onion, and parsley.
- Drizzle with Ideal Protein balsamic dressing and gently toss until evenly coated.
- Transfer to a serving dish and enjoy immediately!