

LEMONY HEARTS OF PALM SALAD



SERVING SIZE

2



INGREDIENTS

ITEM

Red Onion, Thinly Sliced
Hearts Of Palm, Sliced
Celery, Sliced
Fresh Parsley, Chopped
Lemon Juice

QUANTITY

¼ Cup
3 Cups
1 Cup
2 Tbsp.
3 Tbsp.

ITEM

Olive Oil
Salt And Pepper
Arugula

QUANTITY

1 Tbsp.
To Taste
2 Cups



PREPARATION

- Soak sliced red onion in cold water for 10 minutes to reduce sharpness. Drain and set aside.
- In a large bowl, combine hearts of palm, celery, parsley, and the drained red onion.
- Add lemon juice and olive oil, then toss well to coat.
- Season with salt and pepper to taste.
- Serve the salad over a bed of fresh arugula and enjoy!