

Hearts of Palm Salad with Avocado, Peppers & Tomato

Serves 4

1 can hearts of palm (about 14 ounces), drained and sliced either crosswise or lengthwise
1 avocado, diced and tossed with lemon or lime juice
2 Greek pickled peppers, coarsely cut up
2 roasted red peppers from a jar, cut into strips
2 ripe tomatoes, cut into wedges
1 tablespoon brined, drained, capers
 $\frac{1}{2}$ red onion, peeled and cut into very thin rings

Several handfuls of arugula leaves
 $\frac{1}{2}$ English cucumber, or 2 Persian or Japanese cucumbers, thinly sliced
2 tablespoons chopped fresh dill
2 tablespoons extra virgin olive oil, or to taste
1 tablespoon red wine vinegar, or to taste

Instructions: Arrange the hearts of palm on a plate, then toss the avocado with the pickled and red

peppers and arrange next to the hearts of palm. Add the tomatoes to the plate and sprinkle all with capers. Toss the onion with the arugula and place on plate next to the other ingredients, then garnish with cucumber and sprinkle with fresh dill.

Dress with olive oil and red wine vinegar just before serving.

Per serving: 215 calories, 6 g protein, 18 g carbohydrate, 16 g fat (2 g saturated), 0 cholesterol, 605 mg sodium, 7 g fiber.