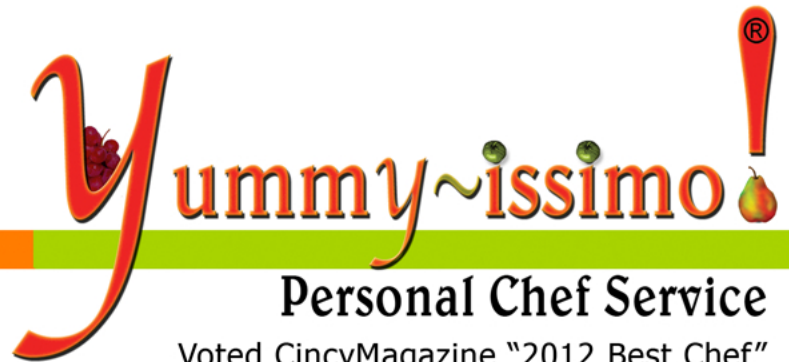


Hearts of Palm Salad



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 2

1 1/2c cherry tomatoes, cut in half

salt and pepper

2T flat parsley, chopped

1 garlic clove, finely minced

3T kalamata olives, pitted, chopped

1 small jar hearts of palm ~ you can find these with the canned artichokes and canned baby corn ears

2T white wine vinegar ~ can use white balsamic

1c Butter lettuce, torn into pieces

2t Dijon mustard

1/2c red leaf lettuce, torn into pieces

2t olive oil

Parmesan cheese, freshly grated

In large bowl, mix together tomatoes, parsley and olives. Set aside.

Mix together vinegar, Dijon mustard, salt and pepper and garlic. Slowly whisk in olive oil, whisking well to emulsify. Pour over tomato mixture. At this point, I like to cover and chill at least 2 hours.

Arrange 1/2 of each lettuce on a plate. Top with 2 hearts of palm and 1/2 of the tomato mixture. Garnish with grated Parmesan cheese.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



Debbie Spangler ~ Certified Personal Chef

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