## Betty's Hearts of Palm Salad Recipe



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In this video, Betty demonstrates how to make a refreshing Hearts of Palm Salad. This is great for dieters, and is a nice dish for everyone during the summer—as well as the rest of the year!

## Ingredients:

½ cup lighter flavor olive oil

½ cup white wine vinegar

½ cup finely chopped celery

1/4 cup finely chopped pimiento or red bell pepper

1/4 cup finely chopped onion

1/4 cup dill pickle relish

2 tablespoons chopped ripe olives

1 teaspoon sugar

2 cloves garlic, minced

About 6 cups romaine lettuce, washed and torn in pieces

16-oz. can hearts of palm, drained and cut into ½-inch pieces

In a medium-sized mixing bowl, combine  $\frac{1}{2}$  cup olive oil,  $\frac{1}{2}$  cup white vinegar,  $\frac{1}{2}$  cup chopped celery,  $\frac{1}{4}$  cup chopped pimiento,  $\frac{1}{4}$  cup chopped onion,  $\frac{1}{4}$  cup dill pickle relish, 2 tablespoons chopped ripe olives, 1 teaspoon sugar, and 2 cloves minced garlic. Cover and chill at least 8 hours, or overnight. To serve, arrange torn romaine lettuce on 6 salad plates. Top evenly with hearts of palm pieces. Spoon chilled vegetable mixture evenly over salads. This is a terrific dish for dieters—also vegetarians, but I think everyone will enjoy it! --Betty  $\Box$