

# Hearts of Palm and Avocado Salad

GLUTEN-FREE + VEGAN



Tested and Approved by 86lemons.com

<http://86lemons.com/hearts-of-palm-avocado-salad>

**Original Recipe Source:**

Grace Parisi via *Food & Wine* magazine (May 2013)  
page 68

**YIELDS:** 4 servings

## INGREDIENTS:

- 1 cup yellow cherry tomatoes, halved
- 1/2 small sweet onion, cut into thin slivers\*
- 2 14 oz cans hearts of palm, drained and sliced 1/2 inch thick
- 1 Hass avocado, cut into 1/2-inch pieces
- 1/4 cup coarsely chopped flat-leaf parsley\*
- 1/2 tsp finely grated lime zest\*
- 2 Tbsp freshly squeezed lime juice
- 2 Tbsp Vegenaise (original recipe called for mayonnaise)
- 2 Tbsp canola oil\*

Salt and freshly ground pepper

## \*86L Notes:

*I'm not a huge onion fan, so next time I would use sliced green onions instead of sweet onion. I'm also not a big fan of parsley, so I used cilantro, which worked great with the avocado and lime. The lime flavor was a little too potent for my taste, so I would leave out the zest next time. I used just over 1 Tbsp of oil - and I used grapeseed oil instead of canola oil.*

## STEP 1:

In a medium bowl, toss the halved cherry tomatoes with the onion slivers, hearts of palm, avocado and chopped parsley.

## STEP 2:

In a small bowl, whisk the lime zest and lime juice with the Vegenaise and oil; season the dressing with salt and pepper.

## STEP 3:

Pour the dressing over the salad, toss gently and serve right away.