

Hearts of Palm Salad

From Family Affair Episode: A Matter for Experts

This dish was popular because it was considered delicate in nature for the genteel folks who ate it. Actually, it is quite nutritious and a fine light luncheon, first course or snack!

Ingredients:

2 tablespoons lemon juice

1 - 14 oz. can of hearts of palm, drained and sliced

2 tablespoons finely chopped stuffed green olives

1/2 teaspoon aromatic bitters

1 teaspoon sugar

1/3 cup extra virgin olive oil

1 teaspoon finely chopped celery

1 teaspoon finely chopped onion

1/2 teaspoon paprika

1/2 teaspoon salt

6 cups torn Bibb or Butter lettuce

Combine salad oil, lemon juice, sugar, salt, bitters, paprika, olives, onion and celery; beat well. Chill. At serving time, toss together hearts of palm and lettuce in salad bowl. Add dressing and toss.