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DIET CENTER

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**HEARTS OF PALM SALAD WITH
 ROASTED SHALLOT VINAIGRETTE**

Final Lifestyle

Ingredients - Salad

- 1 14-oz. can of hearts of palm
- 1 cup cherry tomatoes
- 1 medium red onion
- ½ cup chopped black olives
- 1 head butter (Boston) lettuce

Ingredients - Vinaigrette

- 2 shallots
- ½ TSP kosher salt
- 2 TBS Dijon mustard
- 2 TBS verjus, red or whit (“vair-zhoo” is the tart juice of unripe wine grapes)
- 2 TBS red wine vinegar
- 2 TBS extra virgin olive oil
- 4 TBS chicken stock
- 1 TBS chopped chives
- Freshly ground black pepper

Instructions - Salad

1. Drain the hearts of palm and cut crosswise into 1" pieces.
2. Clean the lettuce, tear the leaves into large pieces and arrange them on four chilled plates.
3. Top the lettuce with the hearts of palm, tomatoes, onion slices and olives.
4. Drizzle the Roasted Shallot Vinaigrette over the salad.

Instructions - Vinaigrette

1. Preheat the oven to 350°.
2. With the skin on, cut the shallots in half lengthwise. Spray in a baking sheet with non-stick spray. Drizzle the shallots with a bit of the olive oil and place them on the baking sheet cut side down.
3. Roast in the oven until the shallots are very soft, about 20-30 minutes.
4. When the shallots are cool enough to handle, remove the skin and the root end. Pureé the shallots and salt in a food processor.
5. Add the mustard and pureé. Add the verjus and vinegar by the TBS, pureéing after each addition.
6. With the motor running, add the olive oil and stock slowly through the feed tube.
7. Stir in the chives and pepper. Adjust the salt and pepper to taste.

Portion-Per-Serving Information (Serves 8):

Serving = 1 cup salad + 2 TBS vinaigrette (29 calories; 120 calories = 1 FT) = 1 V, ½ FT