



# Hearts of Palm Salad

## *Salada de Palmito*

Hearts of palm have long been a part of Brazil's cuisine. The Amerindians of the Atlantic coastal region in and around the state of Bahia first shared hearts of palm, which grow in abundance in Brazil's tropical climate, with the Portuguese colonists. This easy-to-make salad is uncommonly refreshing.

*Serves 4*

### ingredients

1 6-ounce can hearts of palm	2 medium oranges (preferably organic)
2 cups hot water	2 ripe medium tomatoes (preferably organic)
1 lime	1/2 head Boston, red or green leaf, or romaine lettuce (preferably organic)
3 tablespoons extra-virgin olive oil	1/4 cup whole, unsalted cashews
1/2 teaspoon salt	4 to 5 sprigs fresh mint
1/4 teaspoon freshly ground black pepper	

### On your mark, get set, chill!

- Drain the hearts of palm in a colander and place them in a bowl. Cover them with the hot water and set aside while you prepare the rest of the ingredients.
- Cut the lime in half. Squeeze the juice and pour it into a small jar with a tight-fitting lid.
- Add the olive oil, salt, and pepper to the jar.
- Screw on the lid, shake well, and set aside. This is the salad dressing.
- Wash and peel the oranges, cut them into thin slices crosswise, and set aside.
- Wash the tomatoes, cut out the stem circle at the top, and discard. Dice into small chunks and place in a bowl.
- Drain the hearts of palm and gently shake the colander to remove any excess moisture.
- Cut the hearts into 1/2-inch-round slices and add the chunks to the bowl with the tomatoes.

- Shake the dressing again and pour it over the palm-and-tomato combination.
- Wash the lettuce leaves and pat them dry with paper towels.
- Arrange the lettuce leaves on a platter.
- Mound the palm-and-tomato combination in the center of the leaves.
- Arrange the orange slices and cashew nuts around the outer edge of the platter.
- Wash the fresh mint and remove the leaves from the stems.
- Garnish the salad with the mint leaves and serve cold.

