

## MEDITERRANEAN SALAD

Cut these into bite-size pieces:

Tomato (2 large?)

Red pepper (1 large?)

Red onion (1 med?)

English cucumber (1 med?)

Add these:

1 can (19 oz) chick peas

1 can (14 oz) artichoke hearts – cut each in half

1 can (14 oz) heart of palm – cut into ¼” thick pieces or buy the “moon-shaped” pieces

Pitted black olives (½ – ¾ cup?)

Olive oil

Balsamic vinegar

Salt & pepper

Thyme (1 tsp?)

Oregano (1 tsp?)

Lemon juice (1/4 cup?)

Mix it all together.

I’m not good with the amounts of oil/vinegar/herbs....you’re on your own there.

Man....this is one DELICIOUS and super-healthy salad.