

Stuffed Avocados w. Hearts of Palm & Artichoke Salad

Aguacates Rellenos de Palmitos y Corazon de Alcachofa

(6 servings)



Ingredients:

- 14 oz (1⅓ cups) Hearts of Palm, drained, rinsed & sliced
- 14 oz (1½ cups) Artichoke Hearts, drained, rinsed & sliced
- 2 tbsp red Onion, chopped
- 4 tbsp red Bell Pepper, chopped
- 2 tbsp Parsley, chopped
- 1 tbsp Tarragon Vinegar
- ¾ tsp Kosher or Sea Salt, or more to taste
- ¼ tsp Sugar, or more to taste
- ¼ tsp ground Black Pepper, or more to taste
- 2 tbsp Olive Oil
- 2 tbsp Safflower or Vegetable Oil
- 3 ripe Mexican Avocados, halved and seeded just before stuffing

Instructions:

In a bowl, mix the hearts of palm, artichoke hearts, red onion, red bell pepper and parsley.

To prepare the vinaigrette, pour the tarragon vinegar in a small bowl and mix it with the salt, sugar and black pepper.

Pour the oils in a slow stream, whisking with a whisk or fork to emulsify.

Pour it over the vegetables.

Toss well to cover.

You may prepare the hearts of palm and artichoke salad ahead of time, cover and refrigerate for up to 2 days.

When ready to eat, halve and seed the avocados.

Scoop the hearts of palm and artichoke salad on top and serve.