

Hearts of Palm, Avocado, Kumquat and Fennel Salad

This salad is low on fat but high on flavor. It combines the tender and subtle flavors of the hearts of palm with the tartness of the kumquats. It's all brought together with the rich and nutty flavor of the avocado – give it a try! You won't be disappointed.



What you need:

- 3 Hearts of Palm stalks
- $\frac{1}{2}$ avocado, chopped

- $\frac{1}{4}$ cup chopped fennel
- 2 kumquats, seeded and sliced very thin
- 1 teaspoon chopped fennel fronds (leaves)
- 2 Tablespoons grated parmesan (not the canned)
- $\frac{1}{2}$ Tablespoon olive oil
- $\frac{1}{2}$ Tablespoon balsamic vinegar

How to Do it:

Cut the hearts of palm into slices.



Chop the fennel stalks and a little of the frond.



Add all the ingredients to a bowl and toss gently.



That's it! Easy, delicious and oh so good for you!

Serves 2

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