

## **HEART OF PALM SALAD SKEWERS**

*(adapted from Denise's blog, From Brazil to You)*

*For skewers:*

6 heart of palm stalks, cut each stalk in half or thirds

8 grape tomatoes

Arugula or greens of your choice

fresh parsley for decoration

*For the Lemon-Za'tar Dressing:*

2 tablespoons extra-virgin olive oil

2 tablespoons fresh lemon juice

½ teaspoon agave nectar

a good pinch of za'tar

salt and pepper to taste

To prepare the salad, assemble 4 skewers by inserting and alternating heart of palm chunks, grape tomatoes, salad greens of your choice.

Once skewers are assembled, chill in refrigerator for about 30 minutes, covered with a wet paper towel. Meanwhile, prepare the dressing. In a small bowl, whisk all the ingredients together well until obtaining a thick and homogeneous dressing.

Drizzle the heart of palm salad skewers with the dressing, sprinkle parsley leaves and serve.