

Hearts of Palm Caprese with a Touch of Pesto

0% of calories from fat

This is my go-to salad for weight loss and for ease of preparation. I make it and just munch on it to my heart's content, and the scale seems to like it, too! It's easy to make and delicious—the vegan equivalent of Mozzarella Caprese.

It is very important to use finely chopped or ground basil because the dish has a different taste if the basil is roughly chopped.

Ingredients

- 6-2/3 tablespoons finely chopped basil, frozen or fresh (ground in a spice grinder if using fresh)
- 2 large regular garden cucumbers, peeled, quartered, and sliced
- 1 pound tomatoes (Kumato or heirloom), roughly chopped
- 4½ cups hearts of palm (from a glass jar only), sliced

Directions

1. Add all ingredients in a large bowl. Combine well but gently.
2. Add salt to taste and let marinate for one hour.

Serves 4



Nutritional Information: 160 calories per serving, 1½ cups per serving, 0g total fat, 0g sat fat, 0g trans fat, 0mg cholesterol, 760 mg sodium, 26 g total carbohydrate, 8g dietary fiber, 14g total sugars, 8g protein, 0mcg (0%) vitamin D, 93mg (8%) calcium, 2mg (10%) iron, 190mg (4%) potassium.