

HEARTS OF PALM AND STONE CRAB SALAD WITH AVOCADO-BUTTERMILK DRESSING

INGREDIENTS:

- ❖ Bibb lettuce* 1 head
- ❖ Tomatoes 2 ea
- ❖ Hearts of palm (fresh) ¾ Lb
- ❖ Stone crab claws 3 Lb

Avocado-Buttermilk Dressing:

- ❖ Avocado 1 ea
- ❖ Buttermilk ⅔ Cup
- ❖ Sour Cream ¼ Cup
- ❖ Sweet onions 3 TBSP
- ❖ Oliver oil 2 ½ TBSP
- ❖ Garlic (minced) 1 tsp
- ❖ Dill (fresh minced) 1 tsp
- ❖ Salt ½ tsp
- ❖ Cayenne ⅛ tsp

METHOD:

1. Overlap the lettuce leaves on each of 4 large plates.
2. Slice tomatoes
3. Fan out the sliced tomatoes in the center of the lettuce.
4. Poach trim and cut hearts of palm into quarters lengthwise
5. Arrange the hearts of palm spears in spokes.
6. Place the stone crab claws in the center of the tomatoes.
7. Drizzle with the Avocado-Buttermilk dressing to taste.

Avocado-Buttermilk Dressing:

1. Combine all the ingredients in a blender and blend on high speed until smooth, scraping down the sides as needed. Adjust the seasoning, to taste.
2. Transfer to a bowl, cover, and refrigerate until ready to use. (The dressing can be made up to 4 hours in advance.)

NOTES:

- ✚ Any butter lettuce may be used.
- ✚ 1 (14-ounce) can hearts of palm may be used instead of fresh

YIELD:

- ✚ 4 servings

