

VEGETARIAN SALAD with Black Olives

4-6 servings

1	can (14 fl. oz/398 mL) PASTENE Artichoke Hearts, drained and chopped	1
1	can (14 fl. oz/398 mL) PASTENE Hearts of Palm, drained and sliced	1
1	can (14 fl. oz/398 mL) PASTENE Pitted Black Olives	1
1	red pepper, finely diced	1
1	yellow pepper, diced	1

- Combine ingredients for the dressing and refrigerate until ready to serve.
- Place vegetables in a salad bowl and pour dressing over. Toss to combine. Serve immediately.

Dressing

1 tsp	salt	5 mL
½ tsp	dry mustard	2 mL
¼ tsp	paprika	1 mL
½ tsp	celery salt	2 mL
2	garlic cloves, minced	2
⅓ cup	PASTENE Pure Olive Oil	75 mL
2 tbsp	PASTENE Garlic Vinegar	30 mL

PALM HEARTS AND ARTICHOKES with Pesto Dressing

4 servings

1	can (14 fl. oz/398 mL) PASTENE Hearts of Palm, drained and sliced (½ in./1 cm thick)	1
1	can (14 fl. oz/398 mL) PASTENE Artichoke Hearts, drained and halved	1
1 tbsp	strong Dijon mustard	15 mL
1	egg yolk	1
3 tbsp	PASTENE Garlic Vinegar	45 mL
1 tbsp	PASTENE Pesto Basil Sauce	15 mL
½ cup	PASTENE Pure Olive Oil	125 mL
1 tbsp	fresh parsley, chopped	15 mL
	salt and pepper	

- Arrange hearts of palm and artichoke hearts on a deep platter; set aside.
- Combine mustard with egg yolk, salt and pepper to taste. Whisk in wine vinegar and pesto sauce. Add oil in thin stream, whisking constantly until thick.
- Stir in parsley, pour over vegetables and let marinate 15 minutes, stirring twice. Serve on lettuce.

