

## ***Vine-ripened Tomatoes, Avocado, Heart of Palm, and Cannellini Bean Salad***

*Summer is a great time for a salad with vine-ripened tomatoes and avocado. This dish is loaded with nutrients, fiber, and flavor.*

**Prep Time:** 15 minutes

**Serves:** 2

### **Ingredients:**

#### **Garlic-Basil Vinaigrette:**

**4 tablespoons extra virgin olive oil**

**2 tablespoons balsamic vinegar**

**1 medium garlic clove minced**

**1 tablespoon basil leaves, minced**

**1/8 teaspoon sea salt**

#### **Salad:**

**3 medium tomatoes, sliced into ½ inch wedges**

**1 medium Haas avocado**

**15 ounces heart of palms, drained and sliced into quarters lengthwise**

**15 ounces cannellini beans, cooked, rinsed, drained**

**2 tablespoons fresh basil leaves cut into thin slices**

**¼ cup goat cheese, crumbled (optional)**

### **Directions:**

Combine vinaigrette ingredients.

Gently toss sliced tomatoes, avocado, heart of palm, and cannellini beans with vinaigrette dressing. Garnish with fresh basil leaves and goat cheese. Serve.

Enjoy!

Steven Masley, MD