










Lentils and Hearts of Palm Salad

Disney's Animal Kingdom Lodge

Boma

Ingredients

-  2 ounces Red Onion, diced
-  2 pounds Cooked Lentils (cook 20 minutes in salted boiling water)
-  1 pound Cherry Tomatoes
-  1 pound Hearts of Palm, sliced a quarter inch
-  1 ½ cups Sun Dried Tomato Dressing
-  4 ounces Goat Cheese
-  ¼ ounce Chives
-  4 ounces Toasted Almonds
-  Salt and Pepper to taste



Directions

1. Drain lentils and hearts of palm well. Combine all salad ingredients and mix gently with the vinaigrette. *
2. Garnish with a light sprinkling of goat cheese mixed with chives, salt and pepper.
3. Top with lightly toasted almond slivers.

Note: Salad ingredients will taste better if left to sit overnight to give the flavors a change to develop. Add the garnish before serving.

