



CUCUMBER ZUCCHINI SALAD WITH HEARTS OF PALM

Courtesy of Sanctuary on Camelback Mountain Resort & Spa
in Scottsdale, Arizona



INGREDIENTS

- 1 cucumber, peeled and diced
- 1 ripe heirloom tomato, diced
- 1 medium green zucchini, peeled and diced
- 4 stems parsley
- 1 yellow onion
- 1 tsp cumin
- 1 oz. extra virgin olive oil
- 1 oz. yuzu juice (substitute any citrus juice – lemon, lime, orange)
- 4 oz. small end of fresh hearts of palm, sliced into rings
(substitute canned or jarred if necessary)
- 1/2 oz. paprika

PREPARATION

Combine all ingredients in a bowl and let sit overnight before eating.