

## *Chat N Chew*

### *Heart of Palm Salad*

- Romaine
- Heart of palm
- Mandarin oranges
- Dried cherries
- Cheese mix: Romano, asiago and parmesan blend
- Dressing: grind up strawberries, mix with balsamic vinegar, olive oil and ½ cup orange juice

*Mix and enjoy!*

***Healthy Living for Wellness of Body, Mind and Spirit***

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