

# Berries and Hearts Salad

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## Ingredients:

### DRESSING.

1 tablespoon of finely-chopped shallots.

¼ teaspoon of fresh-chopped ginger.

¼ teaspoon of salt.

½ teaspoon of sugar.

1 tablespoon of burgundy.

2 tablespoons of raspberry vinegar.

4 tablespoons of olive oil.

¼ cup of sundried cranberries.

freshly-ground black pepper to taste.

### SALAD..

1 heart Romaine lettuce.

1 heart Bibb lettuce.

½ head radicchio.

3 artichoke hearts quartered.

8 thin slices heart of palm (about ¼ inch).

¼ cup of raspberries.

4 strawberries, sliced lengthwise heart shaped.

1 tablespoon of chopped walnuts.

## Preparation:

To prepare the dressing:

1. Mix the shallots, ginger, salt, sugar, burgundy, vinegar and cranberries. Let stand in refrigerator for at least one hour.
2. Add oil gradually whilst whisking together.

To prepare the salad:

1. Break up Romaine and Bibb lettuce into a bowl. Cut the radicchio into bite-size pieces and toss with lettuce.
2. In a separate bowl add together the remaining ingredients and cover with dressing mix.
3. Serve immediately by placing the lettuce mix on a plate and spooning over the dressing mix.