

LATIN CORNER (Janet Hidalgo)

FISH AND CHICKEN SALAD *(One of the many Colombian recipes)*

1 pound of Tilapia (cut in bite pieces)
1 pound of chicken (cut in bite pieces)
4 red peppers (cut julienne style)
1 cup of black or green olives
1 head of lettuce (shredded)
1 sixteen ounce can of palm hearts (salad cut rounds)
3 hard boiled eggs (sliced)
¼ cup of chopped parsley
½ cup flour
Salt and pepper to taste



Season flour with salt and pepper and divide in half. Coat the fish with some of the flour, salt and pepper mixture and place in a skillet that has been coated with olive oil. Fry the fish until it turns white. Place cooked fish on a paper towel to absorb grease and set aside.

In another skillet, do the same with the chicken and fry until brown. Set aside on paper towel.

Arrange the lettuce in center of a large platter. Arrange the sliced eggs, palm hearts, olives, fish and chicken in groups around the lettuce which is in the center. Arrange the red peppers on top of the shredded lettuce. Sprinkle parsley around to garnish.

Serve with your favorite vinaigrette salad dressing.