



Savory Sweet BBQ Pulled Hearts of Palm Sandwiches + Backyard BBQ Sauce + Classic Lemonade

By Dylan Sabuco

Prep Time 15 / **Cook Time** 10 / **Serves** 4 - 6

Shopping List

☐ FRESH

☐ 2 C packaged cabbage mix (purple and napa) for topping, optional

☐ 2 lemons

☐ PANTRY

☐ 2 14-oz cans whole hearts of palm

☐ 1 4-oz can tomato sauce

☐ 1/4 C brown sugar

☐ 1/4 C apple cider vinegar

☐ 2 tsp mild chili powder

☐ 2 tsp paprika

☐ 1 tsp salt

☐ 1/2 tsp ground black pepper

☐ 12 to 14 hamburger buns ****(see allergy subs below)****

☐ 3/4 C granulated sugar

☐ HAVE ON HAND

☐ 4 C cold water

☐ ice, optional

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

chop: to cut something into small, rough pieces using a blade.

simmer: to cook a food gently, usually in a liquid, until softened.

layer: to arrange foods in layers, such as sliced fruit in a pie or tart, or sliced potatoes in a potato gratin; or to build flavors by adding seasonings or foods that may be dissimilar but complement the overall dish.

Equipment

- ☐ Pitcher
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Citrus juicer (optional)
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Wooden spoon
- ☐ Medium pot + lid
- ☐ Can opener
- ☐ Measuring spoons
- ☐ Large mixing bowl
- ☐ Metal forks (2)

Ingredients

Refreshingly Simple Lemonade

- ☐ 2 lemons

- ☐ 3/4 C granulated sugar
- ☐ 4 C cold water
- ☐ ice, optional

Savory Sweet BBQ Pulled Hearts of Palm Sandwiches with Backyard Barbecue Sauce

- ☐ 1 4-oz can tomato sauce
- ☐ 1/4 C brown sugar
- ☐ 1/4 C apple cider vinegar
- ☐ 2 tsp mild chili powder
- ☐ 2 tsp paprika
- ☐ 1 tsp salt
- ☐ 1/2 tsp ground black pepper
- ☐ 2 14-oz cans hearts of palm
- ☐ 12 to 14 hamburger buns ******(for GLUTEN ALLERGY sub gluten-free/nut-free hamburger buns)******
- ☐ 2 C packaged cabbage mix (purple and napa) for topping, optional

Food Allergen Substitutions

Refreshingly Simple Lemonade

Savory Sweet BBQ Pulled Hearts of Palm Sandwiches with Backyard Barbecue Sauce

Gluten/Wheat: Substitute gluten-free/nut-free hamburger buns.

Instructions

Refreshingly Simple Lemonade

cut + squeeze

Cut **2 lemons** in half. Next, squeeze all the juice into a pitcher using a juicer or by hand, making a cup with one hand to catch all the seeds that fall from the lemon while squeezing the juice out.

measure + mix

Measure **3/4 cup sugar** and pour that into the pitcher. Start mixing until all the sugar is dissolved. Then, measure and mix in **4 cups of cold water**.

pour + gulp

Pour this tasty and simple lemonade over ice before you gulp down a tall, refreshing glass.

Savory Sweet BBQ Pulled Hearts of Palm Sandwiches with Backyard Barbecue Sauce

intro

BBQ sauce is a sweet and tangy sauce that adds a punch of flavor to any recipe! It's perfect for dipping or spreading on things like chicken, ribs, or burgers. Some BBQ sauces are a little spicy, but most taste like a mix of sugar, vinegar, and spices! This recipe will combine BBQ sauce and hearts of palm for a new twist on a familiar sandwich.

measure + simmer

Let's start with the BBQ sauce! Into a medium pot, measure **1 can tomato sauce, 1/4 cup brown sugar, 1/4 cup apple cider vinegar, 2 teaspoons mild chili powder, 2 teaspoons paprika, 1 teaspoon salt**, and **1/2 teaspoon black pepper**. Turn the heat to medium, stir a few times and cover with a lid. Cook the mixture for at least 10 minutes, or until thick and sticky.

edible education

Hearts of palm are a vegetable harvested from the inner core of certain palm trees, prized for their mild flavor and versatility. Whether canned or fresh, hearts of palm are great for salads, sandwiches, and even soups. They are also a good source of fiber, protein, potassium, and zinc.

shred + mix

Drain **2 cans of hearts of palm**. Pour the hearts of palm into a large bowl. Then, use two forks to shred the hearts of palm into long strips. Alternatively, you can place the hearts of palm onto a cutting board and slice them into long strips. Add the sliced or shredded hearts of palm to the BBQ sauce. Simmer for 2 to 3 minutes.

layer + devour

Place a hamburger bun on each of your family members' plates. Then, they can scoop heaps of the BBQ hearts of palm onto their hamburger bun. Top that off with a mix of purple and napa cabbage if you want to. Eat and enjoy!

Featured Ingredient: Heart of Palm!

Hi! I'm a Heart of Palm!

"I'm the edible bud in the inner core or heart of certain varieties of palm tree! You may have seen me in cans and jars in the grocery store. I often find my way into salads and vegan dishes, replacing the seafood and other meat, like the lobster in lobster rolls! If you've never tried me before, you may just decide you 'heart' (love) me!"

History & Etymology

Palm trees are native to tropical and subtropical Central and South America and South and Southeast Asia. The cultivation and culinary use of the heart of palm goes back to at least pre-Columbian times, thousands of years ago, in Central and South America. It is also traditional in Southeast Asian culture.

In Florida, where cabbage or sabal palmetto palms are the official state tree and hearts of palm have been harvested from native trees, they call the vegetable "palm cabbage" or "palmetto." In Central and South America, they use the name "palmito," and in the Philippines, it is called "ubod."

Conservation programs have halted most of the harvesting in Florida. Canned hearts of palm sold in the United States now come from Central and South American countries such as Costa Rica, Ecuador, and Peru.

The English word "palm" comes from the Middle English "paume," from Old English, from the Latin "palma," or "palm (of a hand)," because the palm tree leaf is like a spread hand.

Anatomy

Some of the palm trees that produce edible hearts of palm include the açaí, coconut, juçara, palmetto (sabal), and peach (or pupunha) palms. Not all palm trees have edible hearts of palm; some are bitter or even toxic.

There are palm trees that produce multiple stems and are sustainably harvested, so they continue to produce stems. Other palms, like the palmetto, only have one stem, so harvesting their hearts of palm destroys those trees.

Heart of palm has a mild flavor, similar to artichoke, chestnut, or white asparagus. It has a hearty texture and is sometimes used as a meat substitute. It is crunchy but tender and can be cut easily.

How to Pick, Buy, & Eat

Most people buy their hearts of palm in cans or jars, pickled in brine. This is because fresh heart of palm is highly perishable.

Gluten-free pastas made from puréed heart of palm, like spaghetti and lasagna, are also available for purchase.

You can eat the innermost core of the fresh vegetable raw after removing the outer layer, although it spoils quickly. The taste and texture is similar to jicama.

Heart of palm goes well in a salad. It can replace or accompany other firm vegetables in a soup or stew.

You can purée it to create a dip, spread, or gluten-free pasta. Or, try grilling or sautéing it by itself or with other veggies or meats.

Nutrition

Heart of palm is rich in potassium and vitamin B6 and low in fat and sugar. It is a good source of protein, fiber, iron, zinc, copper, and manganese. It also contains some vitamins A and C.

Heart of palm has all nine essential amino acids, necessary for many bodily functions. Potassium is needed for healthy hearts, and vitamin B6 helps our brains to function. Fiber is good for our digestion.

Fresh hearts of palm do not have much natural sodium, but since they are pickled in salt water (brine) for the canned and jarred versions, you may want to rinse them before eating if you are avoiding salt.