

African Salad - Niva

fresh mushrooms }
1 lemon juice } Cook for 2 minutes
2 Chae garlic }
1/2 teas Salt }

1 can of Artichoke hearts

1 can Palm hearts

1/2 cup olive oil

1 teas. mustard

1 Teas. Salt

1/2 teas. black pepper

3 TB. white wine vinegar