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# I Ate My Heart for Dinner

Anastasia Chilimidos  
*University of the Pacific*

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# I ATE MY HEART FOR DINNER

ANASTASIA CHILIMIDOS

I ate my heart for dinner  
I sautéed it with white pepper and mushrooms  
Some crushed garlic bits and some crushed guilt bits  
And a glass of bright red wine

I had been doing it for so long, every day,  
Nibbling and aching with yearning  
Reaching for everything I could never attain,  
Spending my days making wish lists and sighing at the world  
Might as well make it literal

I drizzled my feelings-  
Sticky sour scornful sauce  
A dash of salty anger  
Richly flavored lust and longing  
- over the meal  
(With sweet melancholy sadness on the side for dipping)  
And cheery cherry pie for dessert

Next week  
I think I'll just try chicken fried steak  
These emotions are too rich for my stomach