

Grilled Romaine Lettuce



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 4

Prep: 15 minutes | Cook: 10 minutes

INGREDIENTS

- 3-4 romaine hearts
- 3 tablespoons olive or canola oil
- 1 tablespoon red wine vinegar or apple cider vinegar
- 2 teaspoons chopped fresh herbs (like rosemary, thyme, oregano)*
- 1/4 teaspoon salt
- Black pepper, to taste

DIRECTIONS

1. Prepare the romaine hearts by removing any old leaves. Chop 1 inch off of the top of the lettuce head. Also chop the browned part of the root end, leaving the root intact so that the head stays together.
2. Preheat grill to high.
3. Make vinaigrette by mixing oil, vinegar, salt and pepper.
4. Spread thin layer of vinaigrette on all sides of romaine hearts.
5. Grill romaine until lightly browned on all sides, turning every minute or two.
6. Serve immediately whole or chopped to make a salad. Garnish with cheese, nuts and fresh herbs if desired.

*Substitutions

2 teaspoons chopped fresh herbs	→	1 teaspoon dried herbs
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Notes:

- Don't have a grill? Make this recipe on the stovetop in a large frying pan or grill pan.



Nutrition Information	
<i>Serving Size: 1/4 of recipe without garnish</i>	
Calories	106
Total fat	10 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	148 mg
Carbohydrates	3 g
Fiber	2 g
Sugars	1 g
Protein	1 g

Recipe source: Simply Recipes