

## Grilled Romaine Salads

A perfect twist to a traditional salad. You keep the crispy, tender texture while slightly warming up the leaves making a delicious addition to your meal. You can add a variety of both vegetable and fruit toppings, cheeses, nuts and seeds, and protein which all serve a variety of health benefits.

### Ingredients

Serving size: 2

- 1 head of romaine lettuce
- Olive oil
- Toppings: shredded carrots, beans, corn, avocado, tomatoes, cucumbers, olives, zucchini, broccoli, cauliflower, red or green onions, beets, peppers, apples, pears
- Proteins: bacon, chicken, ground turkey, steak, tofu, nuts and seeds, hard boiled eggs
- Cheese: feta, parmesan, cotija, cheddar
- Dressing of your choice
- Additional items: croutons, parmesan crisps, pita chips

### Directions

1. Begin preparing all toppings- chop up any veggies and fruits, rinse beans and corn, and prep the meat accordingly.
2. Heat grill to medium heat.
3. Cut the head of romaine lengthwise and brush both sides with olive oil.
4. Place the romaine cut side down and grill 3-4 minutes or until charred in spots. Flip and cook for 1-2 more minutes. Remove from grill and transfer to a plate.
5. Assemble salad. Top with desired vegetables/fruits, protein, cheese. Drizzle with dressing and croutons (if desired).
6. Serve whole or chopped up.

\*\*Please note: to increase serving size, add a half of romaine per serving and increase veggies, protein, cheeses as needed.