

# grilled romaine lettuce with caesar dressing

Prep time: 20 minutes  
Cook time: 5 minutes

try this new approach to salad—grill it!

- 1 slice whole-wheat bread
- 2 heads romaine lettuce, rinsed and halved lengthwise
- 4 tsp olive oil
- 4 tsp light Caesar dressing
- 4 Tbsp shredded parmesan cheese
- 16 cherry tomatoes, rinsed and halved

- 1 Preheat grill pan on high temperature.
- 2 Cube the bread. Spread in a single layer on a foil-covered tray for a toaster oven or conventional oven. Toast to a medium-brown color and crunchy texture. Remove. Allow to cool.
- 3 Brush the cut side of each half of romaine lettuce with 1 teaspoon of olive oil.
- 4 Place cut side down on a grill pan on the stovetop. Cook just until grill marks appear and romaine is heated through, about 2–5 minutes.
- 5 Place each romaine half on a large salad plate. Top each with one-fourth of the bread cubes. Drizzle each with 1 teaspoon of light Caesar dressing. Sprinkle each with 1 tablespoon of shredded parmesan cheese. Garnish with eight tomato halves around each plate.

side dishes

vegetable



## yield:

4 servings

## serving size:

½ head of romaine lettuce with toppings

## each serving provides:

calories	162	total fiber	8 g
total fat	8 g	protein	8 g
saturated fat	2 g	carbohydrates	17 g
cholesterol	6 mg	potassium	931 mg
sodium	241 mg		