

Grilled ROMAINE



EZ RECIPES FROM COOKING WITH CHAD

ingredients

- 2 Romaine hearts
- ¼ cup extra virgin olive oil, divided
- ¼ cup mayonnaise or plain Greek yogurt
- 1 Tbsp grainy or Dijon mustard
- 2 Tbsp apple cider vinegar
- ¼ cup blue cheese, feta or gorgonzola crumbles
- ¼ cup sliced grape tomatoes
- 1 Tbsp butter
- 1 shallot, thinly sliced
- Salt and pepper to taste
- Grilled shrimp (optional) or other protein as desired

directions

- Preheat grill to medium-high
- While grill heats, saute shallot in a pan with butter or grill
- Rinse romaine and pat dry – trim stem, top and outer leaves
- Brush with olive oil to thinly coat all outer leaves
- Place lettuce on the grill and turn every couple minutes until each side has grill marks (6 min. total)
- Whisk oil with mayo or yogurt, mustard, vinegar and salt and pepper
- Plate romaine and top with cheese crumbles, sliced shallot, tomatoes and dressing.