

Grilled Greek Salad

Serves: 2



Ingredients

- 2 tsp olive oil
- ½ tsp black pepper
- 2 heads romaine lettuce, halved lengthwise, ends trimmed
- 2 Tbsp feta cheese, crumbled

Toppings:

- 1 cup cherry tomatoes, halved
- 1 cup cucumbers, cubed
- ¼ cup red onion, diced and/or pickled
- ¼ cup Kalamata olives, pitted and halved (optional)
- 2 Tbsp herbs, such as oregano and dill
- 1 tsp olive oil
- 1 Tbsp red wine vinegar

Method

1. Mix topping ingredients with the vinegar and oil, set aside.
2. In a heavy pan, heat olive oil and pepper to medium high.
3. Before the oil starts to smoke add the romaine cut side down. Weight the lettuce down with a heavy lid. There should be a nice sear within 2-4 minutes. Turnover and cover for another minute or two. Then plate.
4. Spoon the mixture generously over the lettuce, sprinkle feta on top, and serve.

Per serving: 202 calories, 7g protein, 20g carbohydrates (7g fiber), 12g fat (3g sat fat, 8g mono/poly), 295mg sodium



Seasoned Cook

If you're having this as a main meal, add more protein with lentils, beans, chicken, or canned fish. To make a Niçoise version of this dish, add tuna, an egg, and potatoes. The lettuce makes a great base for other leftovers, too!

