

Grilled Romaine Salad

Makes 4 Servings

Ingredients

Salad:

2 hearts of romaine lettuce halved
lengthwise
olive oil (for brushing)
1/4 cup reduced-fat feta crumbled

Dressing

1/4 cup lemon juice
2 Tablespoons olive oil extra virgin
2 teaspoons garlic minced
1/4 teaspoon salt
1/8 teaspoon black pepper

Directions:

1. In a glass jar, combine lemon juice, olive oil, garlic, salt and pepper. Cover and set aside. Brush hearts of romaine with olive oil
2. Place romaine, cut side down on rack of grill. Grill until marks develop and slightly wilted
3. Place each romaine half on a plate. Shake lemon juice mixture well and drizzle over grilled romaine, sprinkle with feta

Nutrition Facts	
4 servings per container	
Serving size	(351g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 340mg	15%
Total Carbohydrate 12g	4%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 137mg	10%
Iron 3mg	15%
Potassium 796mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Family Conversation Starter:

Which character in a book best describes you and why?

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