

Romaine Wedge with Fruited Citrus Dressing

Serving Size: 1/8 of recipe

Serves: 8

Ingredients

Juice of 1 lemon

½ cup extra virgin olive oil

Dash of salt

¼ teaspoon coarse black pepper

1 teaspoon fresh oregano, diced

1 teaspoon fresh thyme, stems removed

1 teaspoon fresh basil, diced

1 teaspoon fresh parsley, diced

2 green onion tops, chopped

6 grapes, quartered

1/3 cup dried cranberries

1 small red apple, diced

1 small orange, peeled and diced

2 heads romaine lettuce

Fresh grated parmesan to garnish

Directions

1. In a large bowl, combine the lemon juice, oil, salt, pepper and herbs.
2. Stir in the fruit.
3. Set aside for 20 minutes.
4. Quarter the romaine lettuce heads to make wedges.
5. Arrange each lettuce wedge on a salad plate.
6. Top each lettuce wedge with the dressing.
7. Garnish with fresh parmesan.

Exchanges per serving:

1 Vegetable, 1 Fruit, 3 Fats

Nutrients per serving:

Calories: 185

Calories from fat: 126

Total Fat: 14g

Cholesterol: 1mg

Sodium: 35mg

Total Carbohydrate: 15g

Dietary Fiber: 5g

Protein: 2g