

Hearts of Romaine Salad

Ingredients

1 package of 3 romaine lettuce heads
1/2 small red onion, sliced
3 Roma tomatoes, sliced
1/4 cup light balsamic vinaigrette



Preparation

Wash vegetables well, and dry. Cut romaine lettuce heads in half lengthwise, and place lettuce halves cut-side up onto a platter. Divide the sliced red onion and tomatoes evenly over lettuce. Sprinkle dressing over salad and serve immediately.

Yield: 6 servings

*per serving: 80 Calories | 2g Fat (0g Saturated Fat) | 4g Protein | 7g Dietary Fiber | 135mg Sodium
Daily Values: 550% Vitamin A | 15% Iron | 130% Vitamin C | 10% Calcium*