

Grilled Romaine with Caesar Dressing*

Serves 6

Prep/cooking time:

Approximately 16 minutes

Ingredients:

- 2 tbsp. extra virgin olive oil
- 1½ tbsp. fresh lemon juice
- 1½ tbsp. reduced calorie mayonnaise
- 1½ tsp. Worcestershire sauce
- ½ tsp. garlic, finely minced
- ⅛ tsp. black pepper, freshly ground
(and more for garnish if desired)
- 3 heads romaine lettuce, halved lengthwise,
stems attached
- 3 sprays cooking spray
- 3 tbsp. grated parmesan cheese, such as
Parmigiano-Reggiano



Super Side Dish

Directions:

Preheat grill to medium-high. Meanwhile, in a small bowl, whisk together oil, lemon juice, mayonnaise, Worcestershire sauce, garlic and pepper until blended; set aside. Coat romaine hearts with cooking spray; grill until lightly charred, turning once, about 30 seconds to 1 minute per side. Place lettuce on a serving platter and drizzle with dressing; sprinkle with cheese and some freshly ground black pepper, if desired. Yields about ½ romaine heart, 1 tablespoon dressing and 2 teaspoons cheese per serving.

*This recipe comes from WW. SmartPoints: 2 on Green, 2 on Blue, 2 on Purple

Harvest of the Month

romaine lettuce