



Elliott Evans Nutrition, LLC
Prevent and Protect
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GRILLED ROMAINE WITH CREAMY HERB DRESSING

COOKING LIGHT - JULY 2011

Makes 4 servings

- 1 large head romaine lettuce, trimmed and halved lengthwise**
- 2 teaspoons olive oil**
Cooking spray
- ½ teaspoon freshly ground black pepper, divided**
- 3/8 teaspoon salt, divided**
- ¼ cup canola mayonnaise**
- 1½ teaspoons chopped fresh dill**
- 1 tablespoon chopped fresh flat-leaf parsley**
- 2 tablespoons fresh lemon juice**
- 1 tablespoon water**
- 2 garlic cloves, minced**

- **Preheat grill to medium-high heat.**
- **Brush cut sides of lettuce evenly with oil. Place lettuce, cut sides down, on a grill rack coated with cooking spray, and grill for 2 minutes.**
- **Remove from heat; cut each lettuce half lengthwise in half again to form 4 quarters. Sprinkle cut sides of lettuce with ¼ teaspoon black pepper and ½ teaspoon salt.**
- **Combine remaining ¼ teaspoon pepper, remaining ¼ teaspoon salt, mayonnaise, and remaining ingredients in a small bowl, stirring well. Place 1 lettuce quarter on each of 4 salad plates; drizzle each serving with about 4 teaspoons dressing.**
- **Serve immediately.**