

Braised Romaine Salad

This is a quick and easy recipe that can provide a light meal or a hearty starter salad for two people.

Ingredients:

- Romaine Lettuce - Large head with loose outer leaves removed and bottomed trimmed but still holding leaves together (If heads are smaller, do one for each person)
- 1/2 Purple Onion – Cut into bite-size pieces
- 1/2 Red Bell Pepper - Cut into bite-size pieces
- 1/2 Cup Pitted Kalamata Olives – Cut in half
- 3/4 Cup Cherry Tomatoes – Cut in half
- 2 Tablespoons Capers
- Oregano or Italian Seasoning
- Pepper Mill
- Avocado Oil
- Italian Salad Dressing (Like Newman's) (Or make your own oil and vinegar dressing)



Instructions

1. Turn on oven broiler with top rack approximately 8-9" away from heat source.
2. Place tomatoes, olives, capers along with onion and bell pepper strips in a bowl. Sprinkle with fresh cracked pepper and herbs. Mix with enough Italian dressing to lightly coat the vegetables. Spread vegetable mixture over the bottom of a large Pyrex baking dish (approximately 10 X 14" size) and put on top oven shelf. Broil long enough to soften the onions and peppers (About 4-5 minutes). You may need to remove once during this time and stir the vegetables to keep from burning.
3. While vegetables are broiling, slice the head of romaine lettuce in half lengthwise. Wash and pat dry without loosening the leaves. Brush or baste the lettuce lightly with avocado oil (or Italian dressing).
4. After the vegetables have softened, remove from oven and place romaine halves on top of the vegetables, then return to oven broiler. Make sure there is at least 3 " of clearance from top of lettuce to broiler heat source to prevent burning. As soon as the lettuce starts to brown slightly, remove the pan and use tongs to turn the lettuce halves over to brown the other side.
5. Remove from oven. Place each lettuce half on a plate. Spoon the roasted vegetables on top of the lettuce. If desired, you can add more Italian dressing.

Options:

- You can add other chopped vegetables to the mix based on what you have on hand. I have added celery, zucchini, artichoke hearts and fresh mushrooms. Have fun with this broiled salad.