

cooking with the doctors . com

Home

Recipes

For Doctors Only

doctor rahman's classic lettuce and tomato salad

serves 4

ingredients:

- 1 head of curly leaf lettuce
- 2 tomatoes
- 1 small red onion
- 2 tablespoons of fresh parsley

wash and dry lettuce, tear into small pieces, slice and then
quarter tomatoes, dice onions finely, mince parsley

sauce

- 4 tablespoons cold pressed extra virgin olive oil
- 1 half lime squeezed
- 1 teaspoon mustard

whisk ingredients together,

pour over salad

