

Grilled Romaine Wedge



Lightly charred romaine wedge crowned with juicy seared steak, creamy avocado, hearty black beans, chopped tomato and red onion. Finish with a drizzle of a sharp and smokey ancho-blue cheese dressing.

Yield	10 oz
Serves	10
Preparation time	2 minutes
Cooking time	4 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
3	oz			Lettuce	sliced in a wedge
2	oz			Marinated beef flank steak - prepared	seared, sliced (see separate recipe)
2	oz	2	tbsp	Tomato	chopped
1	oz	1/4	cup	Avocado	sliced
1/2	oz	1	tbsp	Black bean, cooked	
1/2	oz	1	tbsp	Red onion	sliced
1	fl oz	1	tbsp	Ancho Blue Cheese Dressing - prepared	(see separate recipe)

Preparation Steps

1. Grill romaine wedge until there is a bit of char on the leaves.
2. Top the wedge with steak, tomatoes, avocado, black beans and onions (or guest's choice of proteins, vegetables, and other garnishes).
3. Top with Ancho Blue Cheese Dressing (or guest's choice of dressing).

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	30.8
Energy (Kj)	129.4
Protein (g)	1.7
Carbohydrate, total (g)	1.3
Fats, total (g)	2.1
Sugars, total (g)	0.5
Fats, saturated (g)	0.4
Fiber, total dietary (g)	0.5
Sodium (mg)	40.7
Calcium (mg)	8.2
Cholesterol (mg)	2.3
Iron (mg)	0.2
Vitamin A (µg_RAE)	41
Vitamin C (mg)	2.7

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.