

## "All American" Grilled Romaine Salad



Halved hearts of romaine lettuce are grilled for a sweet, smoky flavor. Top with oven dried tomatoes, ancho pepper candied bacon, roasted garlic croutons, shaved red onion, shredded smoked cheddar cheese and a dollop of grandma's homemade ranch dressing.

Yield	6-1/4 oz
Serves	1
Preparation time	1 minute
Cooking time	3 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
3.5	oz			Lettuce	split in half
3/4	oz	2	tblsp	Cheddar cheese	smoked
3/4	oz	3	each	Oven Dried Tomatoes - prepared	(see separate recipe)
1/4	oz	5	each	Roasted Garlic Croutons - prepared	(see separate recipe)
1/4	oz			Ancho Pepper Candied Bacon - prepared	(see separate recipe)
1/4	oz			Red onion	shaved
1/2	fl oz	1	tblsp	Grandma's Homemade Ranch 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 cheese, Oven Dried Tomatoes, Roasted Garlic Croutons, Ancho Pepper Candied Bacon, and onions (or guest's selection of proteins, vegetables, and other garnishes).
3. Top with Grandma's Homemade Ranch Dressing (or guest's choice of dressing).

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	207.8
Energy (Kj)	867.8
Protein (g)	8.4
Carbohydrate, total (g)	10.3
Fats, total (g)	15.3
Sugars, total (g)	3.6
Fats, saturated (g)	6.8
Fiber, total dietary (g)	1.8
Sodium (mg)	334
Calcium (mg)	208.5
Cholesterol (mg)	29.2
Iron (mg)	1.3
Vitamin A (µg_RAE)	440.6
Vitamin C (mg)	20.8

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