

Oven “Grilled” Romaine with Roasted Chicken Salad

Sometimes the smallest details make the biggest difference. Raw Romaine lettuce is a delicious, nutritious and crispy addition to any salad. However, when you cut a head of fresh Romaine in half and cook it on a grill for a few minutes... magic happens. The flavours intensify and lend an interesting dimension to an otherwise basic salad.

Serves 4

Salad Ingredients:

2 heads Romaine lettuce, washed, patted dry and cut in half length-wise
8 oz. rotisserie chicken breast meat
4 oz. goat cheese
1 cup red cabbage, thinly sliced
 $\frac{1}{2}$ cup pecans, chopped

Balsamic Vinaigrette Ingredients:

$\frac{1}{2}$ cup extra virgin olive oil
 $\frac{1}{4}$ cup balsamic vinegar
2 T. fresh lime juice
1 t. Dijon mustard
1 clove garlic, finely minced
2 t. honey
salt and pepper, to taste

Directions:

Preheat your grill.

Cut the Romaine heads in half and place on a baking sheet lined with parchment paper. Brush with olive oil and sprinkle with salt and pepper. Place under the pre-heated grill for a

couple minutes (keeping a close eye on it because lettuce will burn quickly). Remove once the lettuce is a nice, golden brown.

Add all the ingredients for the balsamic vinaigrette together in a glass bowl. Whisk thoroughly to combine. Allow vinaigrette to sit for at least half an hour to give the flavors a chance to meld.

Place $\frac{1}{2}$ browned Romaine head on each plate and top with 2 oz. of chicken and 1 oz. of goat cheese. Divide sliced red cabbage and chopped pecans among the four plates. Drizzle each salad with a little of the vinaigrette and serve immediately.