

Grilled Romaine Salad

Ingredients

Large head of romaine lettuce

1-2 T Olive oil

¼ tsp salt

¼ tsp pepper

¼ tsp onion powder

½ tsp crushed garlic

Fresh parmesan cheese

½ red onion



Instructions

1. Wash lettuce and cut in half, long ways into quarters, pat dry
2. Brush with olive oil and season
3. Place face down on hot grill pan, until lightly brown
4. Top with crushed garlic, parmesan cheese, and red onion

Nutrition Information

170 calories, 12 g fat, 8 g carb, 2 g fiber, 2 g protein, 150 mg sodium



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