

# Grilled Romaine Salad w/ Golden Balsamic Vinaigrette

By Chef Jen

## Ingredients:

- 2 Heads Romaine lettuce
- $\frac{1}{2}$  red onion
- 1 medium-large zucchini
- 1 red bell pepper
- Parmesan Cheese (fresh block, not grated)

## Golden Balsamic Vinaigrette

- $\frac{1}{4}$  cup olive oil
- 2 tbsp golden balsamic vinegar
- 1 tsp Italian seasoning \*
- $\frac{1}{4}$  tsp salt

## Preparation:

1. Heat grill on medium until temperature is 400-500°F. (see note) Make Vinaigrette by whisking all ingredients until oil and vinegar are emulsified. Set aside.
2. Slice romaine lettuce in half, keep root attached. Rinse well under cool water, let drain and dry. Cut  $\frac{1}{2}$  red onion into quarters vertically. Drizzle aluminum foil with olive oil, then place onion on top, drizzle onion with oil and a dash of salt. Wrap well in foil to prevent oil leaking out.
4. Cut ends off the zucchini then cut in half; carefully slice the halves lengthwise into  $\frac{1}{4}$  in slices. Slice red bell pepper in half, clean out seeds and veins.
5. Brush all vegetables with vinaigrette. Starting with the onion, place wrapped in hottest spot on grill. After 5 minutes, leaving the onion on the grill, add bell pepper. Cook for 5 minutes, then add zucchini, removing pepper and zucchini as grill marks form. When vegetables are done, add Romaine. Cook lettuce for ~1  $\frac{1}{2}$  -2 minutes each side, until grill marks are visible. Remove lettuce and onion.
6. Assembly of salad. Chop Romaine first and place on large serving plate. Slice veggies, carefully remove onion petals and place on top of romaine. Using a peeler, shave parmesan onto salad to desired amount. (~  $\frac{1}{4}$  cup) Drizzle salad with vinaigrette, salt and fresh cracked pepper to taste.

NOTE: If using griddle, set to 400°F; If using grill pan on stove top, set to medium high heat.

\*Chef Jen's Italian Seasoning mix: 1 tsp dried oregano, 1 tsp dried basil,  $\frac{1}{2}$  tsp rosemary (crushed),  $\frac{1}{2}$  tsp fennel seed (crushed); - Mix herbs together well. Use as needed in sauces, dressings or marinades.