

Get to Know Delicate Lettuce



French Herb Salad

Serves: 4 | Serving Size: 1 cup

Ingredients:

2 cups arugula
1/2 cup baby romaine
1/2 cup baby mesclun
1 cup chopped flat leaf parsley
Leaves from 1 sprig of mint
1 sprig of thyme
2 teaspoons olive oil
Juice from 1 lemon
1 teaspoon red wine vinegar
Black pepper to taste

Directions:

Rinse the lettuces and dry them in a lettuce spinner. If you don't have a spinner, pat the leaves dry with paper towels.

Place greens and herbs in a bowl and keep refrigerated until ready to serve.

When ready to serve, toss the greens and herbs

with the olive oil, lemon juice, red wine vinegar, and black pepper.

Serve on chilled plates.

Nutrition Information:

Serves 4. Each serving contains 32 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 11 mg sodium, 2 g carbohydrate, 1 g dietary fiber, 1 g sugar, and 1 g protein.

Each serving has 49% DV vitamin A, 45% DV vitamin C, 3% DV calcium, and 5% DV iron.

Chef's Tips:

This salad looks nice if it is garnished with a balsamic vinegar glaze.

If you don't have all of the fresh herbs, feel free to just use parsley.

You can also use a mix of other delicate lettuces instead of the romaine and mesclun. See what's in season near you.

Toss the salad gently.

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