

Boston Lettuce and Radish Salad

Katherine Anderson | www.foodandwine.com

1/4 cup extra-virgin olive oil

2 tablespoons sherry vinegar

1/2 teaspoon Dijon mustard

Salt and freshly ground black pepper

2 bunches radishes (about 20) – tops reserved for another use, radishes very thinly sliced

3 heads Boston lettuce, outer leaves discarded and tender inner leaves torn

In a large bowl, whisk the extra-virgin olive oil with the sherry vinegar and Dijon mustard and season with salt and freshly ground black pepper. Add the sliced radishes and Boston lettuce to the bowl, toss well and serve right away.

Classic Vinaigrette Salad

adapted from

WeightWatchers Fresh and Easy 20 Minute Meals

Combine 1/4 cup red wine vinegar, 1 tablespoon Dijon mustard, 2 teaspoon olive oil, 1 minced garlic clove, 1 teaspoon sugar, 1/4 teaspoon and 1/4 teaspoon black pepper in a small bowl, stirring with a whisk. Shred romaine and leaf lettuce (enough for 4 servings) into a bowl, add 2 cups thinly sliced cucumber and 4 sliced radishes. Pour dressing over lettuce mixture and toss well.

Points Plus value per serving: 1.

Cucumber Salad

Gourmet | December 2008 by Ruth Cousineau

- 2 seedless cucumbers (1 1/2 to 1 3/4 pounds total)
- 1 tablespoon sugar
- 1/4 cup distilled white vinegar
- 2 teaspoons grainy mustard
- Bibb or Boston lettuce leaves
- 2 tablespoons mild extra-virgin olive oil

Cut cucumbers into thin (1/16-inch) rounds with slicer. Toss with 2 teaspoons salt in a colander, then drain 30 minutes. Squeeze excess liquid from cucumbers.

Whisk together sugar, vinegar, and mustard in a large bowl, then stir in cucumbers. Marinate, chilled, at least 2 hours.

Drain cucumbers, reserving marinade, and mound on lettuce. Whisk oil into reserved marinade and drizzle over salad.

Green Leaf Lettuce, Pomegranate and Almond Salad

Gourmet | November 2005

1 tablespoons fresh lime juice

3/4 teaspoons sugar

1/2 teaspoon salt

1/4 teaspoon black pepper

3 tablespoons extra-virgin olive oil

3/4 lb green leaf lettuce (1 head), trimmed and leaves torn into 2-inch pieces

1/4 lb watercress (1 bunches), coarse stems discarded and sprigs cut into 1-inch pieces

Seeds from 1/2 large pomegranate (3/4 cups), bitter white membranes discarded

1/2 cup sliced almonds, toasted

Whisk together lime juice, sugar, salt, and pepper until sugar and salt are dissolved, then add oil in a steady stream, whisking until combined.

Combine lettuce, watercress, and half of pomegranate seeds in a large serving bowl. Toss with just enough dressing to coat, then sprinkle with almonds and remaining pomegranate seeds.

Grilled Romaine with Caesar Dressing

www.weightwatchers.com

2 tbsp olive oil, extra virgin
1 1/2 tbsp fresh lemon juice
1 1/2 tbsp reduced calorie mayonnaise
1 1/2 tsp Worcestershire sauce
1/2 tsp minced garlic, finely minced
1/8 tsp black pepper, freshly ground (and more for garnish if desired)
3 heads romaine lettuce, halved lengthwise, stems attached, about 8 oz each
3 sprays cooking spray
3 tbsp grated Parmesan cheese, such as Parmigiano Reggiano

Preheat grill to medium high. Meanwhile, in a small bowl, whisk together oil, lemon juice, mayonnaise, Worcestershire sauce, garlic and pepper until blended; set aside. Coat romaine hearts with cooking spray; grill until lightly charred, turning once, about 30 seconds to 1 minute per side. Place lettuce on a serving platter and drizzle with dressing; sprinkle with cheese and some freshly ground black pepper, if desired. Yields about 1/2 romaine heart, 1 tablespoon dressing and 2 teaspoons cheese per serving.

Notes: Leave root end intact when halving romaine hearts or they will fall apart. A typical addition to a Caesar dressing is anchovies. Here, Worcestershire sauce, which has anchovies as an ingredient, supplies a subtle, not at all fishy flavor. If you're an anchovy lover, stir a chopped fillet into the dressing (could affect PointsPlus value).

Hoisin Pork and Boston Lettuce Wraps

Oxmoor House : www.myrecipes.com

1/3 cup hoisin sauce
1 tablespoon plus 1 teaspoon lime juice
1 tablespoon plus 1 teaspoon water
3 cups packaged cabbage-and-carrot coleslaw
1/2 cup chopped fresh cilantro
1/3 cup unsalted peanuts
Cooking spray
3 (4-ounce) boneless center-cut loin pork chops, cut into 24 thin strips
12 Boston lettuce leaves

Combine first 3 ingredients in a small bowl; set aside. Combine coleslaw, cilantro, and peanuts; set aside.

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pork; sauté 4 minutes or until lightly browned. Remove from pan.

Arrange 3 lettuce leaves on each of 4 plates. Top each lettuce leaf with 2 slices pork, hoisin-lime sauce, and coleslaw.

Lettuce and Green Garlic Soup

M.R. Shulman / nytimes.com / 5-11-12

1 tablespoon extra virgin olive oil

1 medium onion, chopped

1 bulb green garlic, stalks and papery layers removed, roughly chopped

1/2 cup rice

7 cups chicken or vegetable stock

1/2 cup parsley leaves

A bouquet garni made with a bay leaf and a few sprigs each parsley and thyme, tied together

Salt to taste

3/4 pound lettuce leaves, washed and coarsely chopped (8 cups)

A generous amount of freshly ground pepper

2 tablespoons chopped flat-leaf parsley or chives for garnish

Freshly grated Parmesan for garnish

Heat the olive oil in a large, heavy soup pot over medium heat and add the onion. Cook, stirring, until it is tender, about 5 minutes. Add a generous pinch of salt and the garlic and cook, stirring, until the garlic is fragrant, about 1 minute. Add the rice, stock, parsley leaves and bouquet garni, and bring to a boil. Add the lettuce and salt to taste, reduce the heat, cover and simmer over low heat for 30 minutes. The tough ribs of the lettuce leaves should be thoroughly tender.

Using an immersion blender or a regular blender (working in batches and covering the blender with a kitchen towel to prevent the hot soup from splashing), blend the soup until smooth. If using a regular blender, return the soup to the heat. Add lots of freshly ground pepper, taste and adjust salt. Heat through and serve, garnishing each bowl with chopped fresh parsley or chives and freshly grated Parmesan.

Maroulosalata:
Greek Cos (Romaine) Lettuce Salad

Nancy Gaifyllia

1 head of Cos (Romaine) lettuce
4 - 5 spring onions, cleaned and finely chopped (bulb and stalk)
1/3 cup of fresh dill, finely chopped (or 2 tablespoons of dried)
3/4 cup of extra virgin olive oil
1/4 cup of high quality red wine vinegar
1 1/2 teaspoons of crushed Greek oregano (rigani)
pinch of freshly ground pepper
1 teaspoon of sea salt

Clean the lettuce, removing the stem and discarding damaged leaves. Separate and rinse leaves individually to remove any soil and debris. Pat dry with paper towels. Shred the lettuce using a food processor or by hand (cutting as thinly as possible). Refrigerate until ready to serve.

Whisk together the oil and vinegar, add oregano, salt, and pepper (if using dried dill, add it now to the dressing). In a salad bowl, combine lettuce, fresh dill, and spring onions. Toss with dressing and serve cold or at room temperature.

Romaine and Radish Salad with Lemon Buttermilk Dressing

M.R. Shulman / nytimes.com / 5-11-12

2 hearts of romaine (the lighter, more delicate inner part of a head of romaine lettuce)

1 cup thinly sliced radishes (about 1 bunch)

1 to 2 tablespoons chopped chives, or a mixture of chives and tarragon

2 tablespoons freshly squeezed lemon juice

1 small garlic clove, puréed

Salt to taste

1 tablespoon extra virgin olive oil

5 tablespoons buttermilk

Freshly ground pepper

Combine the romaine, radishes and herbs in a large salad bowl. Whisk together the lemon juice, garlic, salt, olive oil and buttermilk. Just before serving, toss with the salad mix. Add salt and freshly ground pepper to taste, toss again, and serve.

Sandy's Lemon Pepper Chicken Salad

S. Brewer

- 1 chicken breast per person (I prefer bone in, skin on for this)
- Mixed salad greens (anything fresh from the garden: romaine, spinach, swiss chard, leaf lettuce, etc)
- tomato (my favorite is Sunstream, a strawberry shaped cherry tomato)
- cucumber (my preference are small English cucumbers or pickling cucumbers)
- bell peppers (I don't eat green peppers, so in my salad these would be red, yellow or orange)
- dried pineapple (cut in bite size pieces)
- pine nuts
- cheese (I often use goat cheese crumbles)
- lemon pepper
- sea salt
- seasoned salt
- lemon juice

Preheat oven to 350.

Clean the chicken breast, season with lemon pepper, sea salt and seasoned salt. In a baking disk, add water to 1/2" and lemon juice (to taste, I generally add about 1/2 cup). Put the chicken into the pan, skin side up and bake until the skin is brown and crispy (usually around an hour to an hour and fifteen minutes)

Shred salad greens, cut tomato and cucumber and bell peppers then add to salad greens. Add pine nuts and cheese. After removing chicken from the oven, remove skin and cut off bones into chunks, then add to top of salad. Use dressing of your choice.

Shrimp Salad Lettuce Wraps

adapted from

WeightWatchers Fresh and Easy 20 Minute Meals

- 1/3 cup thinly slice green onions
- 1/4 cup light cream cheese, softened
- 1/4 cup light mayonnaise
- 1/4 cup plain fat free yogurt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried dill
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 pound cooked peeled medium shrimp, chopped
- 8 large lettuce leaves (romaine, leaf, bibb)
- 1 cup matchstick cut cucumber
- 1/2 cup matchstick cut radishes

Combine first 8 ingredients in a medium bowl, stir in shrimp. Spoon about 1//3 cup shrimp mixture down center of each lettuce leaf. Top each wrap evenly with cucumber and radishes.

To make ahead, prepare the shrimp mixture, lettuce leaves, cucumbers and radishes. Store in separate containers in the refrigerator. Assemble just before serving.

Points Plus value per serving: 5