

HoneyGem™ Stacked Salad

Servings

6

Calories

230

Prep Time

10 minutes

Total Time

10 minutes

Skill Level

Easy

Ingredients

- 3 heads Mann's HoneyGem™ Lettuces
- Parmesan cheese ribbons
- ½ red onion, julienned thinly
- 1 zucchini, sliced into lengthwise ribbons using a vegetable peeler
- 2 tablespoons walnuts, chopped, toasted
- Red Wine Vinaigrette (recipe below)

Red Wine Vinaigrette

- ¼ cup red wine vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon sugar
- Salt and black pepper, to taste
- ½ cup olive oil, extra-virgin



The Method

Whisk the vinegar, mustard, sugar, salt and pepper together in a small bowl. Whisking constantly, add the oil in a slow, steady stream and continue whisking until thickened.

Stack leaves, rotating green and red with topping in between the lettuce leaves. Drizzle with the vinaigrette and serve.

Nutrition Facts

Serving Size: 187g | Servings: 6

Amount Per Serving

Calories 230 | Total Fat 21g (sat fat 3g trans 0g) | Cholesterol 0mg | Sodium 125mg | Total Carbohydrate 7g | Dietary Fiber 1g | Sugars 4g | Protein 3g | Vitamin D 0% | Calcium 4% | Iron 6% | Potassium 4%