

Grilled Romaine Salad

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 5 minutes

Serves: 6

CHints: This is an unusual way to prepare a salad but it is good. Surprise your family or guests with this unique salad. Balsamic vinegar can seem strong but when it cooked down, it becomes a semi-sweet syrup.

1/2 cup balsamic vinegar

2 tablespoons honey

1 cup cherry or grape tomatoes sliced in half

1/2 cup chopped red onion

1/2 cup shredded carrots

4 tablespoons olive oil, divided

3 heads of romaine lettuce, cut in half lengthwise. Leave the core attached to keep the lettuce leaves together.

Sea salt and black pepper

1/2 cup crumbled Feta or Boursin cheese

Pour the vinegar into a small saucepan. Bring to a boil then turn down the heat to a simmer for 2 minutes. The vinegar will reduce and take on a syrup consistency. Remove from the heat and stir in the honey for 30 seconds. Pour into a small bowl for serving.

In a nonstick skillet over medium heat, add 2 tablespoons olive oil. Add the onions, tomatoes and carrots and cook for 5 minutes until the tomatoes blister and the onions are tender. Pour this mixture into a serving bowl and make sure to scrape all the juices from the pan into the bowl.

Heat the grill to medium, either indoor grill pan or outdoor grill. Lay the 6 pieces of lettuce halves on a cutting board. Brush the flat sides with remaining olive oil and sprinkle with salt and pepper. Place them, flat side down on the grill. Sear for 1 minute and gently remove them to a serving platter, grill side up.

Sprinkle each with the tomato mixture, sprinkle with cheese. Use a spoon to drizzle the vinegar over each salad.