

Romaine Salad

with Tomatoes, Raisins and Pecans

Servings: 4

Ingredients

Salad:

- 1 head of Romaine, torn or chopped (or one package of ready to use torn Romaine, or other salad mix)
- 1 large (or two small) Tomatoes, cut into wedges (or 1c. grape tomatoes)
- 1½ oz. chopped Pecans (or almond, or walnuts)
- 1 oz. Raisins (or Craisins, or white raisins)

Dressing:

- 2 Tbl. Rice Vinegar
(Nakano Seasoned; should be 20 calories/Tbl., and 240mg Sodium/Tbl.)
- 3 Tbl. Uncle Dan's Ranch Dressing (made with light sour cream only; no mayonnaise)

Directions:

1. Make Uncle Dan's Ranch Dressing mix ahead of time, using package directions, but use ALL light sour cream, NO mayo.
(*This makes a perfect vegetable dip for carrots, celery, etc. In fact, it's what I always use when I make a veggie tray for entertaining.*)
2. Cut and wash Romaine (I use an Oxo Salad Spinner to dry it).
3. Add tomatoes, nuts and raisins.
4. Add Vinegar, and Uncle Dan's Dressing.
5. Toss well and serve immediately.

Optional add-ons:

- Chicken Breast
- Salad Shrimp
- Leftover Steak, cut into strips

Nutrition:

Salad (Serving size: ¼th Salad Recipe)

Calories: 150 Protein: 3g total carbohydrate: 18g total fat: 9g
sugars: 5.8g sodium: 396mg saturated fat: 1.4g dietary fiber: 3.4g

Broiled chicken breast, boneless, skinless: (4 oz.)

Calories: 175 Protein: 33g total carbohydrate: 0g total fat: 4.5g
sugars: 0g sodium: 617mg saturated fat: 1g dietary fiber: 0g

Salad Shrimp: (6 oz.)

Calories: 180 Protein: 34.5g total carbohydrate: 1.5g total fat: 2.9g
sugars: 0g sodium: 252mg saturated fat: <1g dietary fiber: 0g

Steak strips: (4 oz.)

Calories: 215 Protein: 34.5g total carbohydrate: 0g total fat: 7.4g
sugars: 0g sodium: 71mg saturated fat: 2.8g dietary fiber: 0g