

Grilled Romaine



Plan Z Phase: This is a Z2 (ZReduction) recipe. Okay, don't freak out on me. Grilled romaine is really good and tastes better than it looks. The folks on the ZTeam were skeptical but have since become converts. Impress your guests with something they've probably never had before and it's done in 5 short minutes on your grill.

Servings: Serves 4

Ingredients:

- 2 heads of romaine lettuce, cleaned and cut in half lengthwise (get the smaller ones since each person will be eating half of a head)
- $\frac{1}{2}$ tsp of onion powder
- $\frac{1}{2}$ tsp of garlic powder
- $\frac{1}{2}$ tsp of oregano (or you can use other dried herbs or mixtures; even meat rubs will lend a fun flavor)
- grating of sea salt and pepper
- drizzle of balsamic vinegar

Instructions:

Preheat your grill.

Lay the lettuce head halves on a cookie sheet flat side up.

Lightly spray them with olive oil spray. Sprinkle with onion powder, garlic powder, oregano, sea salt, and pepper. Let it sit for five minutes for the flavors to sink in.

Put the lettuce on your clean grill flat-side down. Grill over medium coals for about 5 minutes or until you have nice grill marks and the lettuce is warm. You don't need to turn it over. You are just warming it and lightly crisping the one side.

Put the romaine on a plate and drizzle with the balsamic vinegar as your dressing. A light drizzle will do it.

I serve these with juicy burgers and tomato slices. Don't eat the bottom of the stem. That part is bitter but it's good to leave it on because it holds all of the leaves together.

Enjoy!

Cheers,