

Grilled Caesar Salad

Serves 2-4

1 romaine heart OR 1 small head iceberg lettuce
Caesar salad dressing (your choice)
Garlic salt & pepper to taste
cooking spray (like Pam)

Prepare your grill to medium heat. Cut the lettuce in half lengthwise, but don't cut off the stem (it keeps it all together). Spray lettuce on all sides with cooking spray. Sprinkle generously with garlic salt & pepper.

Place cut side down on the grill and leave 1-2 minutes or until grill marks show. Carefully flip over (lettuce will start getting soft) and grill 1-2 minutes. When lettuce has grill marks and has softened, it's done. Remove with a spatula, slice off stem and chop the lettuce. Drizzle with your favorite dressing, toss & EAT!

Serving per 1 cup (with 2 Tbsp Caesar dressing)

Total Carbs: 1 gram