

American Summer Salad

Wholesome and healthy, this American summer salad is full of fresh ingredients and simple flavors.



Salad

American

10 min

Total time

Easy

Difficulty

238

kcal / serving

Ingredients

- 1 cup romaine lettuce, torn
- 1/2 cup sliced grape tomatoes
- 1/3 cup cooked black beans
- 1/4 cup shredded cheddar cheese
- 1/2 tablespoon olive oil
- 1/2 tablespoon balsamic vinegar
- A sprinkle of salt
- A sprinkle of freshly ground black pepper

Steps

- 1 Rinse the romaine lettuce and tear into small pieces.
- 2 Place lettuce in a serving bowl.
- 3 Add the grape tomatoes, black beans, and shredded cheddar cheese and toss lightly.
- 4 Drizzle the olive oil and balsamic vinegar on top of the salad.
- 5 Sprinkle salt and pepper to taste and toss to combine.
- 6 Serve immediately.