

Healthy Lettuce Salad

A tasty, light lunch for one. This colorful salad is shockingly delicious.



Main Dish

10 min

Total time

Easy

Difficulty

315

kcal / serving

Ingredients

- 1/2 head of lettuce (romaine, leaf lettuce, butterhead)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper
- 2 tablespoons freshly grated Parmesan cheese
- 2 tablespoons toasted pumpkin seeds
- 2 tablespoons fresh cilantro

Steps

- 1 Wash the lettuce and roughly chop into strips.
- 2 In a large bowl, mix together the olive oil, balsamic vinegar and some salt and pepper.
- 3 Add the lettuce and toss together.
- 4 Top with the Parmesan cheese, pumpkin seeds and cilantro.
- 5 Enjoy!