

Zesty Grilled Lettuce Salad

Elevate your salad game with this zesty grilled lettuce dish, perfect for a light and refreshing main course.



Main Dish

15 min

Total time

Easy

Difficulty

200

kcal / serving

Ingredients

- 1 head of lettuce,
- 1 tablespoon olive oil,
- Salt and pepper to taste,
- 1/4 cup cherry tomatoes,
- 1/4 cup crumbled feta cheese,
- 1/4 cup sliced red onion,
- 1/4 cup balsamic vinaigrette dressing

Steps

- 1 Preheat a grill or grill pan over medium-high heat.
- 2 Cut the head of lettuce in half lengthwise, keeping the core intact.
- 3 Brush the cut side of the lettuce halves with olive oil and season with salt and pepper.
- 4 Place the lettuce halves on the grill, cut side down, and cook for 2-3 minutes until grill marks appear.
- 5 Remove the lettuce from the grill and place on a serving plate.
- 6 Top the grilled lettuce with cherry tomatoes, feta cheese, sliced red onion, and drizzle with balsamic vinaigrette dressing.
- 7 Serve immediately and enjoy!