

Fit for the Holidays

Bold Winter Greens Salad



For this cousin of the Caesar salad use a combination of winter greens (e.g., radicchio, escarole); the anchovies and lemon juice temper their bitterness.

Minutes to prepare: 20

Servings: 10 (1 ¼ cups each)

Ingredients

- 2-3 cloves garlic, minced
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground pepper, or to taste
- 2 tbsp. lemon juice
- 1 tbsp. sherry vinegar
- 3-4 anchovy fillets, rinsed and chopped
- 1/3 cup extra-virgin olive oil
- 12 cups mixed bitter salad greens (chicory, radicchio, escarole)
- 3 large hard-boiled eggs



Preparation

1. Place garlic to taste in a large salad bowl and sprinkle with salt and pepper. Add lemon juice and vinegar; let stand for 5 min.
2. Stir in anchovies to taste. Whisk in oil in a slow steady stream until well combined.
3. Add salad greens and toss. Shred 3 egg whites and 1 egg yolk through the large holes of a box grater. Sprinkle salad with the grated eggs.

Nutritional Information (per serving)			
Calories	92	Cholesterol	20 mg
Protein	2 g	Fiber	1 g
Carbohydrates	2 g	Sodium	102 mg
Saturated fat	1 g	Potassium	168 mg
Monounsaturated fat	6 g		

Resource: www.eatingwell.com

