

## Grilled Romaine Hearts with Avocado Lime Dressing

Serves 4

### Ingredients

- 2 romaine hearts, washed, trimmed, and sliced in half
- 1 clove of garlic, chopped small
- 2 tablespoons olive oil
- A pinch of salt and pepper
- Sliced green onions
- Chopped cilantro
- Black pepper

### Avocado Lime Dressing

- 1 ripe avocado
- 1/3 cup fresh lime juice
- 2 tablespoons rice vinegar
- 1 tablespoon olive oil
- 1 clove garlic, chopped small
- ½ teaspoon honey
- 1/4 teaspoon cumin
- 1/4 cup water
- salt to taste



### Directions

1. For the dressing, add all the ingredients in a small food processor or blender and combine until creamy. Add a pinch of sea salt and mix it in. If it looks much too thick, add more water until the consistency is good.
2. Pour into a small container and refrigerate until the lettuce is ready.
3. To grill the romaine hearts, heat the grill to a medium-low heat. As long as the grill isn't crazy hot, you are fine. While the grill heats up, mix the garlic, olive oil and salt and pepper in a little cup. Brush or spoon the oil mixture to the cut side of the lettuce.
4. Place the lettuce face down on the grill for 60 seconds or until there are clear grill marks and the leaves are beginning to wilt. Flip the hearts over and grill the other side for another 60 seconds.
5. You want the leaves to look charred but not limp so pay attention.
6. When the hearts are finished, add them to a plate and drizzle the dressing over the hearts. Top with sliced green onions, chopped cilantro, and plenty of black pepper.