

Mediterranean Lemon-Parmesan Crispy Lettuce Salad



INGREDIENTS

- 1 to 2 Hydroponic Romaine Lettuce Heads from [LocAL Lettuce Heads .Farm](#)
- 1 Hydroponic Red Leaf Lettuce Head from [LocAL Lettuce Heads .Farm](#)
- 2 shallots, thinly sliced
- 2 lemons, zested and juiced
- ¼ cup [Papa Vince extra virgin olive oil](#)
- [Papa Vince Trapani Sea Salt](#)
- Fresh ground black pepper
- Crushed red pepper flakes
- 1 cup finely grated parmesan cheese

HOW TO MAKE

(1) - Finely chop the lettuce and place it in a salad spinner or a large bowl. Rinse the lettuce and drain well. To ensure maximum crispness, gently pat the lettuce dry. Consider wrapping the lettuce in paper towels and refrigerating it briefly for an extra crisp factor.

(2) - Combine the chopped lettuce, sliced shallots, and lemon zest in a bowl.

(3) - Season the mixture with a sprinkle of Trapani Sea Salt, a dash of black pepper, freshly squeezed lemon juice, and a drizzle of extra virgin olive oil. Toss the ingredients together, ensuring they are evenly coated.

(4) - Finally, add the grated Parmesan cheese and, if desired, a touch of red pepper flakes for a hint of spiciness. Toss the salad once again to incorporate all the flavors.

Serve and enjoy this vibrant Lemon-Parmesan Crispy Lettuce Salad, bursting with freshness and zesty flavors.