

Romaine and Broccoli Salad

A
crisp salad of romaine lettuce, broccoli florets, red onions,
and
walnuts, tossed with a vinegar and oil dressing and crunchy
noodles

Yield:

8 servings

Ingredients:

For the salad:

2 large heads of Romaine lettuce, washed, dried, and torn into
bite-size pieces

5-6 cups of broccoli florets (bite-size), about 1 pound)

1/2 cup thinly sliced or diced red onion

2 cups thinly sliced or shredded red cabbage, optional

2 cups of maple-glazed walnuts (or other walnuts of your
choice, toasted)

~4 cups chow mein noodles*

For the dressing:

1 cup oil (vegetable or light olive)

1/2 cup sugar

1/2 cup pure maple syrup**

1/2 cup red wine vinegar

2 tablespoons soy sauce

Instructions:

1.
Make dressing by combining all dressing ingredients in a jar
with a
tight-fitting lid. Shake well. Let stand for 30 minutes or so,
shaking
occasionally, until sugar is dissolved.

2. In a large bowl, combine the romaine lettuce, broccoli florets, onion, and cabbage (if using). Toss together with a cup of the dressing. Add half of the nuts and half of the noodles, and toss, adding a little more dressing if needed. Sprinkle remaining nuts and noodles on top and serve immediately, with any leftover dressing on the side.



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This recipe is from Tammy's Recipes.