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.