

# Ethiopian Green Salad

Serves 6



## Ingredients:

- 1 small head Romaine lettuce or 2 hearts of Romaine
- 3 plum tomatoes, diced small
- 1 small jalapeño, diced small
- ½ red onion, diced small
- Juice of 1 lemon
- 1 tablespoon red or white wine vinegar (optional)
- 2 tablespoons olive oil
- 1 garlic clove, minced
- Pinch of salt
- ¼ teaspoon black pepper

Ethiopian Green Salad		
Nutrition Facts		
Serving Size	1 x 6 Serving	
Amount Per Serving		
<b>Calories</b>	<b>70.2</b>	
	% Daily Value*	
<b>Total Fat</b>	4.9 g	6 %
Saturated Fat	0.7 g	3 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	34.6 mg	2 %
<b>Total Carbohydrate</b>	6.4 g	2 %
Dietary Fiber	2.8 g	10 %
Total Sugars	2.7 g	
Added Sugars	0 g	0 %
<b>Protein</b>	1.7 g	
<b>Vitamin D</b>	0 mcg	0 %
<b>Calcium</b>	41.6 mg	3 %
<b>Iron</b>	1.2 mg	6 %
<b>Potassium</b>	354.3 mg	8 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at <a href="http://cronometer.com">cronometer.com</a>		</>

## Instructions:

1. Chop the lettuce into bite size pieces.
2. In a large bowl, toss the tomatoes, jalapeño, and red onion with the lettuce.
3. In a small bowl or jar, whisk together the lemon juice, vinegar, olive oil, garlic, salt and pepper.
4. Pour the vinaigrette over the vegetables and toss to coat and combine. Enjoy immediately.
5. The salad components and the vinaigrette can be prepared ahead of time, stored in the refrigerator, and assembled when ready to eat. Vinaigrette can be refrigerated for up to 5 days.