



### **Romaine Salad with Sherry Vinagrette**

- 2 T. EVOO
- 3 T. sherry vinegar
- 1 T. fat-free may
- 1 T. lemon juice
- 1 tsp. sugar
- 1/4 tsp. salt
- 1/4 tsp. ground pepper
- 1 head romaine lettuce, torn
- 1 red bell pepper, chopped
- 1/2 c. toasted walnuts, chopped
- 1/4 c. crumbled blue cheese

In a small bowl, mix oil, vinegar, mayonaise, lemon juice, sugar, salt and pepper.  
In a large bowl, combine, lettuce, bell pepper, walnuts and cheese.  
Add dressing and toss to coat.

- Makes 8 servings
- 108 calories
- 4 g. protein
- 4 g. carbs
- 8 g fat
- 3 mg cholesterol
- 154 mg. sodium
- 2 g fiber