

WEIGHT NO MORESM
DIET CENTER

No one does what we do!

weightnomoredietcenter.com
WeightNoMoreDC



BOLD WINTER GREENS SALAD

Final Lifestyle

Ingredients

2-3 cloves garlic, minced
1/4 TSP kosher salt
1/4 TSP freshly ground pepper, or to taste
2 TBS lemon juice
1 TBS sherry vinegar
3-4 anchovy fillets, rinsed and chopped
1/3 cup extra-virgin olive oil
12 cups chopped mixed bitter salad greens, such as chicory, radicchio and escarole
3 large hard-boiled eggs

Instructions

1. Place garlic to taste in a large salad bowl and sprinkle with salt and pepper. Add lemon juice and vinegar; let stand for 5 minutes. Stir in anchovies. Whisk in oil in a slow steady stream until well combined.
2. Add salad greens and toss.
3. Shred 3 egg whites and 1 egg yolk through the large holes of a box grater (reserve the remaining yolks for another use or discard). Sprinkle the salad with the grated egg.

Portion-Per-Serving Information: (Yields 10 servings) Serving = 1-1/4 cups = 2 V, 1/2 FT