

Simple Salad of Butter Lettuce and Fresh Spring Herbs with Meyer

Lemon Vinaigrette

“Sometimes a simple salad that uses the freshest seasonal lettuces and herbs is all one needs to provide a flavorful meal. A simple vinaigrette with lemon as its acid is best for highlighting the spring’s offerings. For this dressing, simple use Meyer lemons in the recipe for the vinaigrette.”

4–6 servings |

FOR THE SALAD:

- 2 heads butter lettuce, torn into bite-sized pieces
- 1 cup mixed fresh herb leaves such as basil, chervil, dill, mint, parsley, sage, tarragon, or oregano

FOR THE VINAIGRETTE:

- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon red wine vinegar
- 3/4 tablespoon Dijon mustard
- 1 large garlic clove, minced
- Coarse sea salt
- 1/2 cup extra-virgin olive oil
- Freshly ground white pepper

DIRECTIONS:

In an upright blender, combine the lemon juice, vinegar, mustard, garlic, and 1/2 teaspoon of sea salt. Blend while slowly pouring in the oil. Wait about 5 minutes, then season with salt and pepper to taste.

In a large salad bowl, combine the lettuce with the herbs. Toss with just enough vinaigrette to coat lightly.

The Inspired Vegan by Bryant Terry: pages 8 and 54