

Jane Maksoud, RN, MPA

Insalata Verde

264 calories per serving

Cost per serving estimated \$3.00

Makes 8 serving

Ingredients

Salad:

2 heads butter lettuce, such as Boston or bibb

1 romaine heart

1 large Belgian endive

1 bunch watercress

1/2 small head frisée

Dressing:

1 large shallot, minced

2 tbsp plus 1 tsp aged sherry vinegar, plus additional, as needed

1 tbsp warm water

1 cup extra-virgin olive oil

1 ½ tsp Dijon mustard

1 ½ tsp whole-grain mustard

1 ½ tsp honey (optional)

2 sprigs thyme, washed and stripped

1 large clove garlic, finely grated

Salt and freshly ground black pepper

Preparation

Greens:

Trim the head at the root to release whole leaves from the butter lettuce, romaine, and endive. Then rinse all of the greens (butter lettuce, romaine, endive, and watercress). Remove any wilted or damaged leaves. Leave butter-lettuce leaves whole, but halve large leaves of romaine and endive.

Trim and discard dark green outer leaves and tops from frisée until only light green and white parts remain. Wash with water, then drain and transfer to a salad spinner to dry. Gently wrap in clean dishtowels, and set aside.

Dressing:

Place the minced shallot in a fine-mesh strainer, and quickly rinse with cold water. Allow to drain, then place in a medium bowl, and add vinegar and warm water. Allow to sit for 2 minutes, then whisk in oil, mustards, honey (if using), thyme, garlic, and a pinch of salt. Taste, and adjust salt and vinegar as needed.

Assembly

To serve, gently pile a generous handful of greens into a serving bowl and then sprinkle with salt, pepper, and a generous drizzle of dressing. Continue with another handful of salad and more seasoning and dressing, repeating until you have a glorious mound of salad. Top with a final drizzle of dressing, and serve immediately.

Extra Ingredients:

Wrap remaining greens in an airtight container or plastic bag and refrigerate for up to 3 days. Cover and refrigerate remaining dressing for up to 3 days.