

# The Wedge

Try this twist on the traditional Wedge salad, substitute Romaine lettuce for Iceberg.



## Ingredients

- ¼ cup buttermilk
- 2 tablespoons reduced-fat mayonnaise
- 1 tablespoon champagne or white-wine vinegar
- ¼ teaspoon granulated garlic
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons chopped fresh herbs, such as chives, tarragon, basil or dill
- 2 hearts of romaine, quartered lengthwise and cores removed
- ¼ cup chopped fresh chives
- 2 slices cooked bacon, crumbled
- 2 ounces crumbled blue cheese

## Instructions

1. Whisk buttermilk, mayonnaise, vinegar, garlic, salt and pepper in a small bowl until smooth. Stir in herbs.
2. Place 2 romaine quarters on each of 4 salad plates. Sprinkle with chives, bacon and blue cheese. Drizzle with dressing.

**Yield:**  
4 servings

**Active Time:**  
20 minutes

**Total Time:**  
20 minutes

### Nutrition Per Serving

105 Calories, Total Fat: 7 g, Saturated Fat: 3 g, Cholesterol: 16 mg, Carbohydrates: 6 g, Fiber: 1 g, Total Sugars: 3 g, Added Sugars: 0 g, Protein: 6 g, Sodium: 441 mg, Potassium: 80 mg, Folate: 11 mcg, Calcium: 115 mg

**Carbohydrate Servings:** ½