



## Simple Bibb Lettuce Salad

### Ingredients:

- 4 cups Bibb lettuce
- 2 teaspoons finely chopped shallots
- 2 teaspoons olive oil
- 1 1/2 tablespoons rice vinegar (seasoned variety)
- freshly ground black pepper

### Directions:

1. Wash the lettuce, pat or spin dry and place in a mixing bowl.
2. Add the shallots, olive oil, seasoned rice vinegar and toss until evenly coated.
3. Transfer the salad to 4 serving plates. Add black pepper to taste.

### *Nutrition information per serving:*

9 calories, 0g fat, 0g Saturated fat, 2g carbohydrates,  
0mg cholesterol, 1g dietary fiber, 3mg sodium.



*Helping you get 5 a day*