



sweet blackberry grilled romaine hearts

cook time:
10

prep time:
15

featured product:
hearts of romaine

indulge in this sweet blackberry balsamic grilled romaine heart salad recipe. topped with blue cheese and drizzled with homemade vinaigrette, this salad adds a touch of class to your dinner. sweet, juicy blackberries make the perfect garnish for the grilled romaine hearts. this recipe is easy to make and is sure to please at your next dinner party!



ingredients

4 servings

3 [organicgirl® romaine hearts](#) ?

1 tablespoon balsamic vinegar

1 tablespoon honey

juice of 1 meyer lemon

1 cup filberts, raw, skins removed

1/2 cup maple syrup

2 tsp coarse sea salt

1 cup crumbled blue cheese

1/2 cup extra virgin olive oil

1 pint blackberries

substitutions

? *substitute with* [hearts of romaine](#)

directions

1. whisk vinegar, honey, sea salt and olive oil in a bowl until smooth.
2. preheat grill to medium heat. cut hearts in half lengthwise and brush halves with olive oil and season with 1/2 tsp salt. grill hearts cut side down in a single layer for 3 minutes. flip hearts over and cook an additional 3 minutes or until browned. transfer grilled hearts to a large platter.
3. in a small saucepan over medium heat, add filberts to gently toast. add maple syrup and 1/2 tsp salt and cook until reduced, for about one minute. transfer to parchment paper and cool.
4. drizzle grilled romaine with dressing and garnish with blue cheese, blackberries and filberts.