

Romaine Salad

Matthew Jansen
Owner and Chef
Mateo Restaurant

Ingredients

- 1 ½ cups cooked chickpeas, drained and rinsed
- 2 bunches chopped organic romaine lettuce
- ¼ cup ground reggiano parmigiano
- 4T evoo
- 2T lemon juice
- add s&p to taste

Serve with croutons if desired

Garnish with shaved reggiano parmigiano and Italian parsley



Boulder Community Health