



Romaine Lettuce Boat with Mango-Lime Vinaigrette

By Chef Veera Gaul, Ph.D.



Ingredients

- 1 head romaine lettuce
- 2 roma/vine grown/heirloom tomatoes, deseeded and chopped
- 2 avocados, chopped
- 1 lime zest and juice
- 1 medium cucumber, deseeded and chopped
- 1 orange bell pepper, deseeded and chopped
- 2 ears of corn, boiled, and kernels cut off the cob or 1½ cups frozen corn, thawed
- ½ cup of black beans (drained and rinsed well)
- 3-4 tablespoons O&V [Mango Vinegar](#) (plus more to drizzle) *
- 2 tablespoons O&V [Lime Oil](#) *
- 1 teaspoon O&V **Mango Madness Pepper Jelly** *
- 2 cloves garlic, minced
- ½ jalapeno, deseeded, and minced (optional)
- Salt and pepper to taste.
- Generous garnish of parsley

Preparation

Remove the outer leaves of the lettuce and chop. Take 8 crisp lettuce leaves and arrange 2 piece of lettuce per plate (4 plates) so that the two pieces are nesting inside each other creating a boat on the plate

Prepare all the other vegetables and place in separate bowls.

Mix a couple of teaspoons of lime juice with the avocado to prevent browning. Mix a tablespoon of lime juice, a little lime zest, salt and pepper to taste with the black beans.

Create a bed of chopped lettuce at the bottom of each lettuce boats. Arrange the remaining vegetables in the romaine lettuce boats alternating the vegetables for maximum visual appeal.

In a separate bowl create a vinaigrette with the Mango vinegar, Lime oil, pepper jelly, salt and pepper and minced garlic (you can also add a little chopped jalapeno for heat). Mix well till the oil and vinegar combine and drizzle over the vegetables – be generous.

Serve immediately with an additional drizzle of plain Mango vinegar, a generous garnish of parsley, and a sprinkle of lime zest.

Make this into a meal if you like, by topping with grilled shrimp, or pan sautéed fish laid on top of the vegetables

Serves 4

Active Time: 30 minutes

Notes

* The [Lime Oil](#) and [Mango Pulp Vinegar](#) add layers of sweet and citrus flavors to the vegetables. This combination can be replaced by any other combination of oil and vinegar that you enjoy on salads, I recommend something fruity and fresh for this particular mix of vegetables. The [Mango Madness Pepper Jelly](#) acts as a binder in the dressing, keeping it emulsified for longer. It can be purchased at most Oil & Vinegar stores

Categories: Entrée, Soups & Salads, Vegetarian, Vegan, Gluten Free, Dairy Free, Appetizer, Light Lunch, Making Vinaigrettes, Emulsion, Binder, Mango Vinegar, Lime Oil, Mango Madness, Pepper Jelly, Salad Dressing, Formula, Mediterranean Diet, Corn, Black Beans, Easy Dinner, Dinner Salad, 30 Minute Meal, Weeknight Meal,