

# Onion Crunch Lettuce Salad

Recipe By *Faigy Grossman*



Cooking and Prep:  05  
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Serves:  4

Contains: 

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Shabbat

**Diet:** Vegan, Low Carb,  
Vegetarian, Pescetarian

**Source:** Family Table by  
Mishpacha Magazine

The combination of these salad ingredients and the savory dressing brings all flavors together. This tasty salad will have you munching and crunching until you reach the bottom of the bowl!

## Ingredients (10)

### Salad

- 1 8-oz. (225-g.) bag shredded romaine lettuce
- 1 large plum tomato, diced
- 1 scallion, sliced
- 4 whole baby corns, sliced

1 and 1/2 tablespoons roasted and salted sunflower seeds

1 1.4-oz. (40-g.) package onion rings, slightly crushed

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## Dressing

2 tablespoons **Bartenura Olive Oil**

2 tablespoons vinegar

1/4 teaspoon salt

1/8 teaspoon black pepper

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## Start Cooking

### Prepare Salad

1. Combine all salad ingredients, aside from crushed onion rings, in a large bowl. In a separate, small bowl, mix together dressing ingredients until fully combined. Pour over salad and toss to coat.
2. Add crushed onion rings immediately prior to serving.

### Variation:

Super Snacks or Bissli can be used in place of onion rings.