

Rotisserie Chicken Salad with Mango, Cilantro & 3-N-1 Living Lettuce

Live Gourmet®

**Chef Jill
Silverman Hough**

An easy weeknight meal with bright, exotic flavors.

- 2 heads LIVE GOURMET 3-N-1 Living Lettuce, torn into bite-sized pieces
- 2 mangos, peeled, pitted, and cut into large dice
- 1/2 small red onion, thinly sliced
- 1 bunch cilantro, roughly chopped
- 1/4 cup bottled sesame or Chinese chicken salad dressing, or more to taste
- Salt to taste
- Freshly ground pepper to taste
- 4 cooked chicken breasts, preferably rotisserie, cut into 1/2-inch slices, or shredded meat from one whole cooked chicken, preferably rotisserie
- 1/4 cup chopped, toasted macadamia nuts

In a large mixing bowl, combine LIVE GOURMET 3-N-1 Living Lettuce, mango, onion, and cilantro. Add dressing and toss. Add additional dressing to taste. Divide salad among serving plates.

Top each salad with 1 chicken breast or 1/4 of the shredded chicken. Sprinkle with macadamia nuts and serve.

Serves 4 as an entree.

Grilled Chicken Caesar & Lettuce Wrap

With some fruit or carrot sticks, these make a perfect lunch.

- 6 10-inch flour tortillas
- 2 heads LIVE GOURMET 3-N-1 Living Lettuce, torn into bite-sized pieces
- 12 ounces grilled chicken, cut into 1/4-inch slices or shredded
- 1 1/2 cups bottled Caesar salad dressing
- 3/4 cup shredded Parmesan cheese

Microwave tortillas on high for about 30 seconds, or until slightly warm and softened. Place one tortilla on a workspace. Arrange about 1/6 of the LIVE GOURMET 3-N-1 Living Lettuce in a column across tortilla, stopping about 2 inches short of one edge. Top with about 2 ounces of chicken, about 3 tablespoons of dressing, and about 2 tablespoons of cheese. Fold edge of tortilla closest to you up and over fillings. Tuck fillings tightly into tortilla, then fold in edge without lettuce. Continue rolling away from you. Repeat with remaining tortillas, making 6 wraps total. Serve immediately, passing remaining dressing at the table.

Makes 6 wraps.



3-N-1 Living Lettuce Salad with Pears, Bacon, Gruyere,

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Spicy and sweet, this salad would nicely complement lamb chops, pork chops, or a hearty soup or stew.

- 1/4 cup cider vinegar, divided
- 2 tablespoons extra virgin olive oil
- 1 tablespoon honey
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 2 heads LIVE GOURMET 3-N-1 Living Lettuce, torn into bite-sized pieces
- 4 strips bacon, cut crosswise into 1/2-inch strips
- 1 tablespoon whole grain mustard
- 1 firm, ripe pear, cored and thinly sliced
- 1/4 cup finely shredded Gruyere cheese

In a large bowl, whisk together 2 tablespoons of cider vinegar, olive oil, honey, salt, and pepper. Add LIVE GOURMET 3-N-1 Living Lettuce and toss. Divided lettuce among plates; set aside.

In a 12-inch skillet over medium high heat, cook bacon, stirring occasionally, until crisp, 3 to 4 minutes. Remove from heat and stir in remaining 2 tablespoons of cider vinegar and mustard (be careful, mixture may splatter), scraping up any crisped bits stuck to skillet. Gently stir in pears.

Top each plate of lettuce with some warm pear mixture, dividing evenly. Sprinkle with Gruyere, dividing evenly. Serve immediately.

Serves 6 as an appetizer.

3-N-1 Living Lettuce Salad with Basil-Blue Cheese Vinaigrette & Herbed Croutons

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A updated version of a wedge of iceberg with blue cheese dressing.

- 2 heads LIVE GOURMET 3-N-1 Living Lettuce, torn into bite-sized pieces
- 6 ounces (25 to 30) cherry tomatoes, halved
- About 1 cup Basil-Blue Cheese Vinaigrette (recipe below)
- About 3 cups Herbed Croutons (recipe below)

Arrange LIVE GOURMET 3-N-1 Living Lettuce on serving plates or in a serving bowl. Arrange tomatoes on top. Drizzle with dressing, sprinkle with croutons, and serve.

Serves 6 as an appetizer.

Herbed Croutons

- 4 ounces crusty white bread (about 1/2 baguette), cut into 3/4-inch dice
- 1/4 cup extra virgin olive oil
- 1 1/2 teaspoons herbes de Provence (see note)
- 1 teaspoon kosher salt

Preheat an oven to 375°F. In a large bowl, combine bread and olive oil. Stir in herbes de Provence and salt. Spread mixture onto a rimmed baking sheet and bake for 10 minutes. Remove from oven and toss. Bake for 5 minutes more, or until browned. Cool thoroughly before storing in an airtight container for up to 1 week.

Makes about 3 cups.

Note: Herbes de Provence is a dried herb blend. If you can't find it at your supermarket, try a specialty food store or substitute dried sage, thyme, rosemary, marjoram, or a combination.

Basil-Blue Cheese Vinaigrette

- 3/4 cup crumbled blue cheese (about 3 ounces), divided
- 3 tablespoons white wine vinegar
- 8 basil leaves
- 2 cloves garlic
- 1 teaspoon sugar, or more to taste
- 1/4 teaspoon kosher salt, or more to taste
- 1/4 teaspoon freshly ground black pepper, or more to taste
- 1/2 cup extra virgin olive oil

In the bowl of a food processor or in a blender, combine about half of blue cheese, vinegar, basil, garlic, sugar, salt, and pepper; process until smooth. With motor running, drizzle in olive oil. Transfer mixture to a bowl and stir in remaining blue cheese. Add additional sugar, salt, and pepper to taste. Store refrigerated for up to 1 week.

Makes about 1 cup.

Seared Tuna & 3-N-1 Living Lettuce Salad Nicoise

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A classic.

- 6 large eggs
- Kosher salt
- 12 small red potatoes (about 1 pound), halved
- 4 ounces haricot vert (thin, French green beans), trimmed
- 1 1/2 pounds raw tuna steaks, about 1 1/2 inches thick, room temperature
- Freshly ground black pepper
- 1 tablespoon canola or other flavorless oil
- 3 heads LIVE GOURMET 3-N-1 Living Lettuce, torn into bite-sized pieces
- Dijon vinaigrette (recipe below)
- 3 medium tomatoes, cored and cut into wedges
- About 30 Nicoise olives

Combine eggs and enough cold water to cover by 1 inch in a 3- or 4-quart saucepan. Bring to a boil over high heat. Immediately remove from heat, cover, and let stand for 10 minutes. Transfer eggs to a bowl of cold water; let eggs stand until cool enough to handle. Peel eggs and cut into wedges; set aside.

Refill saucepan with cold water. Stir in enough salt to make the water taste like the ocean. Add potatoes and bring to a boil over high heat. Cook, stirring occasionally, until potatoes are tender, about 3 minutes. Use a slotted spoon to remove potatoes to a bowl or plate; set aside.

If necessary, bring water back to a boil over high heat. Add haricot vert and cook, stirring occasionally, until beans are tender, about 2 minutes. Drain beans and transfer to a bowl or plate; set aside.

Generously sprinkle tuna on both sides with salt and pepper. Heat a skillet (large enough to hold tuna without crowding) over very high heat. Add oil and heat to almost smoking. Add tuna and cook until well seared, about 2 minutes per side (for rare). Remove tuna from skillet and set aside.

In a large bowl, combine LIVE GOURMET 3-N-1 Living Lettuce with Dijon vinaigrette to taste. Add additional salt and pepper to taste. Arrange salad on serving plates. Arrange eggs, potatoes, haricot vert, tomatoes and olives around salad. Cut tuna into 1/2-inch slices and arrange on salads. Drizzle any remaining dressing over toppings. Serve immediately.

Serves 6 as an entree.

Dijon vinaigrette

- 3 tablespoons red wine vinegar
- 2 teaspoons Dijon-style mustard
- 1 clove garlic, minced
- 1/2 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 1/2 cup extra virgin olive oil

In a small bowl, whisk together red wine vinegar, mustard, garlic, salt, and pepper. Slowly drizzle in olive oil, whisking constantly.

Makes about 3/4 cup.

Prawns Remoulade on a 3-N-1 Living Lettuce Bed

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Remoulade dressing gives this refreshing seafood salad a Southern twist.

- 1 cup mayonnaise, preferably homemade (recipe below)
- 1/2 cup fresh lemon juice, divided
- 2 tablespoons finely chopped chives
- 1 tablespoon Dijon mustard
- 1 tablespoon prepared horseradish
- 1 tablespoon tomato paste
- 1 tablespoon sweet paprika
- Kosher salt to taste
- Freshly ground white pepper to taste
- 30 shell-on prawns or jumbo shrimp (about 1 1/2 pounds)
- 3 heads LIVE GOURMET 3-N-1 Living Lettuce, shredded
- 1 carrot, cut into threads on a spiral slicer or thinly julienned (see note)

In a medium bowl, whisk together mayonnaise, 2 tablespoons of lemon juice, chives, mustard, horseradish, tomato paste, and paprika. Add salt and white pepper to taste. If you like, transfer dressing to a squeeze bottle. Set aside in the refrigerator.

Use kitchen scissors to cut shells of prawns along their backs, from head end to tail end. Devein prawns (leave shells on). Bring a 5- to 6-quart pot of water to a boil. Stir in enough salt to make the water taste like the ocean. Add prawns and cook, stirring occasionally, until opaque throughout, about 3 minutes. Drain and rinse prawns with cold water until cool. Drain again and set aside.

In a large bowl, toss LIVE GOURMET 3-N-1 Living Lettuce with remaining 6 tablespoons lemon juice. Arrange lettuce on serving plates, dividing evenly. Top lettuce with a tangle of carrot, dividing evenly. Arrange 5 prawns on each plate. Add remoulade, drizzled on top and/or in a puddle for dipping. Serve immediately.

Serves 6 as an appetizer or light entree.

Note: A spiral slicer is a Japanese-style tool that cuts vegetables into long threads. Look for one at Asian housewares stores, at Amazon.com, or at Cooking.com.

Homemade mayonnaise

- 1 egg yolk
- 1 teaspoon Dijon mustard
- About 1/2 teaspoon kosher salt, plus more to taste
- 1 cup grapeseed, canola, or other flavorless oil
- Juice from 1 lemon
- 1/4 teaspoon freshly ground white pepper, plus more to taste

In a medium bowl, whisk together egg yolk, mustard, and a pinch of salt. Whisking constantly, add oil, literally a few drops at a time. After about 3/4 of oil has been added, whisk in lemon juice. Whisking constantly, add the remaining oil, a little more quickly than before. Once all oil is incorporated, add 1/2 teaspoon kosher salt and white pepper. Add more salt and pepper to taste. Keep refrigerated for 3 or 4 days.

Makes about 1 cup.

Note: To help keep your bowl from moving around the countertop during whisking, twist a damp kitchen towel lengthwise into a rope, shape the rope into a ring, and nestle the bowl in the ring. If your mayonnaise "breaks" and won't come together, set the broken mayonnaise aside and start with a clean bowl. Add 1 tablespoon warm water to the bowl and, whisking constantly, add the broken mayonnaise, literally a few drops at a time.