

Winter Romaine Salad With Persimmon

Persimmon is a fruit we only see in late fall and early winter in our part of the world. It is lovely on it's own of course but my favourite way to eat it is in a refreshing salad with romaine lettuce and plenty of cilantro.



Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw

Ingredients

Lettuce, romaine or cos	1 head
Red bell peppers, raw	1 medium - 2 1/2" diameter x 2 3/4"
Scallions or spring onions, tops and bulb, raw	3 medium - 4 1/8" long
Cucumber, raw, without peel	0.5 medium
Persimmon, fresh	1 each
Coriander leaf, fresh	1 cup
Olive oil	1 tablespoon
Lemon juice, fresh	2 teaspoon
Salt, sea salt	1 dash

Instructions

1. Wash and dry romaine lettuce. Slice or tear desired size pieces and place in a large bowl.
2. Thinly slice one red pepper and add to bowl.
3. Slice green onions (scallions) width wise and add to bowl.
4. Slice about half a medium cucumber and add to bowl.
5. Chop about 1 cup of loosely packed cilantro and add to bowl.
6. Persimmon should be ripe otherwise it has a chalky taste. No need to peel, just cut off the top and cut into bite size pieces. Add to bowl.
7. Add some olive oil, freshly squeezed lemon and a bit of salt.
8. Toss and serve.