

# Sweet & Savory Fig, Plum, Onion & Lettuce Salad



## TIPS:

1. **Sweet & Savory:** Like a richly balanced symphony of sound, this sweet and savory salad brings out the best in complimentary flavors. The sweetness of fruit enhances the savoriness of lettuce and onions, and the savory does the same to the sweet.

**2. About the Fresh Ingredients:** You'll see in this recipe that I'm using a leafy lettuce called salad bowl lettuce and red onion for the savory flavors, though you can substitute either with any variety of lettuce and/or your favorite type onion. You'll also see I'm using fresh figs, Italian prune plums and dried cranberries for the sweet flavors, though any fresh fruit and dried fruit will work just as well.

**Preparation Time:** 10-15 minutes depending on number and type of ingredients

### **Needed**

(for 2)

**1 Handful of Lettuce Per Person**

**Favorite Fresh Fruit** (I'm using a combination of fresh figs and Italian prune plums, but any fresh fruit will work)

**1/4 Red (or any) Onion**

**Favorite Dried Fruit**

**Favorite Nuts**

**Favorite Salad Dressing**

**Feta (or any) Cheese**

**Ground Black Pepper**

Bowls

Sharp Knife

# Cutting Board



1. Rinse and shake dry a **handful of lettuce** and **fresh fruit**.



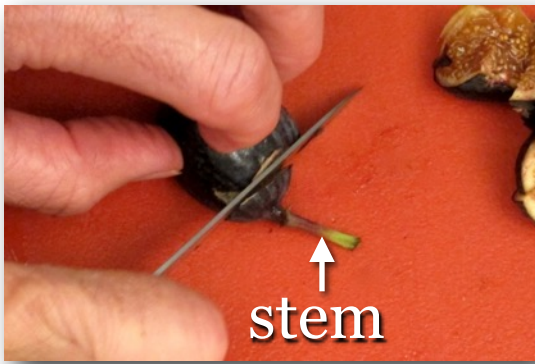
2. Tear the **lettuce** into bite sized pieces.





3. Prepare the **fresh fruit** by removing any **stems** and **seeds** as necessary and cutting the **fruit** into bite-sized pieces. If you're using **fresh figs** and/or **Italian prune plums**, the picture directions below will show you exactly what to do. If you're using **any other fruit**, use the picture directions below as a guide.

**Fresh Figs:** Remove the **stems**, cut the **figs** in half lengthwise, then cut them in cross section into bite-sized pieces.



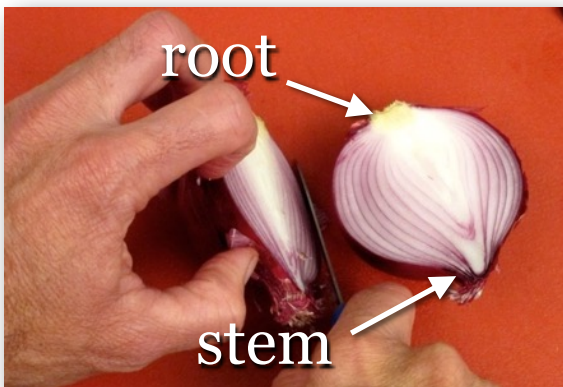
**Italian Prune Plums:** Cut the **plums** in half lengthwise around the **seed**, twist the **two plum halves** apart, remove the **seed**,...



...cut **each plum half** in half again lengthwise, and finish by cutting the lengthwise pieces in cross section into bite-sized pieces.

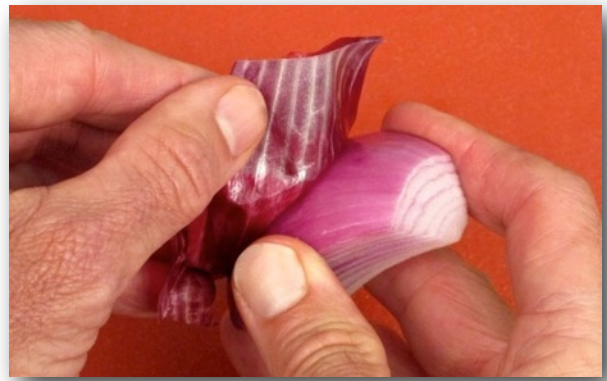
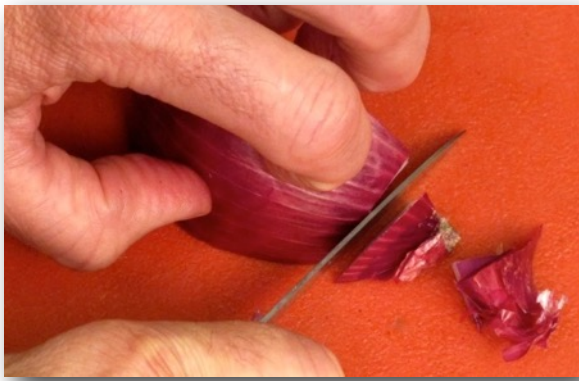


4. Cut a **red (or any) onion** in half lengthwise (from stem to root, as shown below), and cut **one of the onion halves** lengthwise in half again.

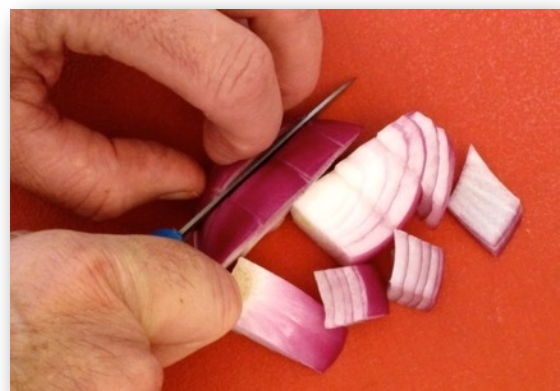
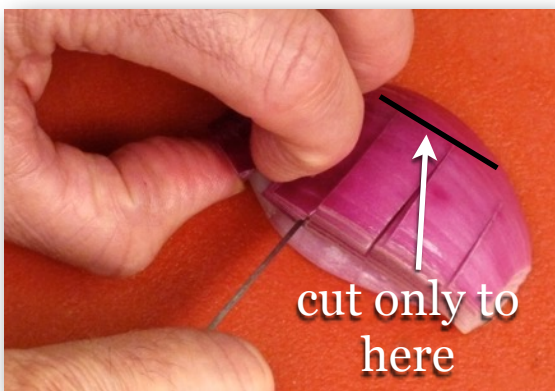


Cut off the tough **onion stem** and **root ends** and peel off the **onion skin**.





Cut cross section slices into the **onion quarter** about 1/4 - 1/2 inch (6-12 mm) wide, making sure not to cut through the **back of the onion** to keep the slices bound together, and chop those slices in cross section into pieces also 1/4 - 1/2 inch (6-12 mm) wide.



5. Put all the **chopped ingredients** into a bowl, top with a **shot of salad dressing**, and either have the **salad** as is or...



...add your choice or a combination of a **crunch of ground black pepper, feta (or any) cheese,...**



...**nuts** and/or **dried fruit** and...



...serve.





© 2015 Bruce Tretter  
**Gotta' Eat, Can't Cook**  
"Show Me How" Video & Picture Book Cooking