



Crunchy Romaine Toss

1/2 cup sugar
1/2 cup vegetable oil
1/4 cup cider vinegar
2 teaspoons soy sauce
1/8 teaspoon salt
1/8 teaspoon pepper
1 (3 ounce) package ramen noodles, broken
1 small onion
2 tablespoons butter
1 1/2 cups chopped broccoli
1 small head romaine lettuce
1/2 cup chopped walnuts

1. In a jar with a tight-fitting lid, combine the sugar, oil, vinegar, soy sauce, salt, and pepper. Shake well.
2. Break the ramen noodles into pieces. Discard seasoning packet from noodles or save for another use. In a small sauté pan, heat the butter on medium heat until melted and sauté noodles in butter until golden.
3. Remove the skin from the onion. **Scrub the onion with a vegetable brush while holding under cold running water. Slice the onion on your produce cutting board.**
4. **Separate and hold the individual broccoli florets and romaine lettuce leaves under cold running water while rubbing with tip of fingers. Once clean, dry broccoli and romaine leaves using a clean paper towel. Chop broccoli on your produce cutting board.** Tear the romaine leaves into bite size pieces.
5. In a large bowl, combine noodles, broccoli, romaine lettuce, and onions. Just before serving, toss with dressing and walnuts.



Additional Food Safety Notes Related To This Recipe

- When buying broccoli in the grocery store, be sure that it has firm, closed, and dark-green florets. Avoid those that have yellowing green-colored florets. The romaine lettuce should have fresh green leaves with no wilted or bruised areas.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood. (And don't forget to check the thermometer to make sure your refrigerator is cold enough)
- Be sure to clean and sanitize the sink before you wash your produce. Use a clean small brush to scrub around and in the drain to get rid of dirt and grime.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One should be used for raw meats, poultry, and seafood while the other should be used for fresh produce and breads.
- Keeping food out of the “Danger Zone”.
 - Fresh produce should not be out of the refrigerator for longer than 2 hours.
 - Put any leftovers into the refrigerator within 1 hour of preparing.
- When storing leftovers, divide into small portions and place into clean airtight storage containers. Do not forget to label the containers with the name and the date.

Recipe Source

<http://allrecipes.com/recipe/crunchy-romaine-toss/detail.aspx>