

# Tossed Greens with Frico

(Lacy Cheese Crackers)



Garnish salad greens with a crunchy frico (pronounced FREE-koh), a delicate Italian cheese cracker that's simple to make. They're great as an alternative to croutons with salads, soups, and stews – or as a snack on their own.

- 3 ounces Asiago, Parmesan, Swiss, or Cheddar cheese, shredded (about ¾ to 1 cup)
- 1 teaspoon all-purpose flour
- 8 cups (about 8 ounces) mixed salad greens
- 1½ cups halved cherry tomatoes or 1 to 2 sliced red tomatoes
- ½ cup sliced red onion, cucumber, or peeled strips of jicama (optional)
- ¼ to ⅓ cup fat free or lowfat vinaigrette-style salad dressing

1. In small bowl, stir together cheese and flour. Heat small nonstick skillet over medium-low to medium heat. Sprinkle 3 tablespoons cheese mixture in a 4-inch circle in pan. Cook until cheese melts into a lacy wafer and is firm enough to slip a spatula under, 2 to 3 minutes. With spatula, turn cheese over and cook until golden and firm. Reduce heat if cheese is browning too fast. Remove frico to paper towel. Repeat 3 more times to make 4 fricos.
2. Toss greens with tomatoes, red onion, and dressing. Divide salad among 4 plates. Serve with fricos.

Prep time: 10 minutes • Cook time: 15 minutes • Makes: 4 servings

## Cook's Tips:

- Finely shred cheese just before preparing.
- Wipe out pan with a paper towel if needed between making each frico.

## Tester's Comment:

"I like frico best with Asiago or Parmesan. My kids predictably liked a Colby-Jack."

## Nutrients per serving:

Calories	120
Protein	7 g
Total Fat	7 g
(Saturated Fat	4 g)
Carbohydrate	8 g
Calcium	220 mg
Cholesterol	19 mg
Fiber	4 g
Sodium	391 mg