



Happy Memories: [Summer Picnics](#)

Blue Cheese Wedge Salad with Pork BBQ

Fresh crisp wedges of lettuce are garnished with a touch of BBQ

- 1 green onion, diced
 - 1/2 cup buttermilk
 - 1/2 cup mayonnaise
 - 1/2 cup (4 ounces) plain yogurt
 - 1 Tablespoon lemon juice
 - 1 cup crumbled blue cheese
 - 1 teaspoon garlic powder
 - 1/2 teaspoon sea salt
 - 1/8 teaspoon freshly ground black pepper
 - 1 head iceberg lettuce, quartered
 - 1 to 1-1/2 cups diced or shredded smoked barbecued pork
- Serve as desired with: warm BBQ sauce; steamed broccoli florets, mini red peppers

Salad Dressing: In a medium bowl, combine chopped green onion, buttermilk, mayonnaise, yogurt, lemon juice, blue cheese, garlic powder, salt, and black pepper. Cover with plastic wrap and refrigerate the salad dressing for 1 hour.

To Serve: Arrange each lettuce wedge on large salad plates; sprinkle pork pieces over the lettuce; top with chilled blue cheese dressing. Drizzle lightly with warm barbecued sauce. Serve with steamed broccoli and red peppers.

Serves 4 salads

Recipe Inspired by Ed Mitchell: see *Ed Mitchell's Barbeque, 2023*, eccobooks.com, imprint of Harper Collins Publishers, see p.94. Recipe: *Blue Cheese Wedge Salad with BBQ Chicken*.

About the Recipe: The lettuce wedge salad is one of the most popular dishes at Ed Mitchell's Raleigh restaurant. It is a fun way to serve healthy BBQ with some added veggies on the side. We topped our salad with torn pieces of pork BBQ and then drizzled it lightly with warm BBQ sauce. It was a refreshing summer supper, and we loved the crisp lettuce with the blue cheese dressing.