



HAM & SWISS CHOPPED SALAD



INGREDIENTS

ITEM	QUANTITY
• Chopped Romaine Lettuce	2 Cups
• Nitrate-free Deli Ham, chopped	4 Oz.
• Lactose-free Swiss Cheese, diced	¼ Cup
• Cucumber, diced	¼ Cup
• Red Bell Pepper, diced	¼ Cup
• Sliced Green Onion Tops	2 Tbsps.
• Extra Virgin Olive Oil	1 Tbsp.
• Dijon Mustard	1 Tsp.
• Apple Cider Vinegar	2 Tsp.
• Pure Maple Syrup	½ Tsp.
• Salt and Freshly Ground Black Pepper, to taste	

SERVING SIZE

1



PREPARATION

- ✔ In a small bowl, whisk together the olive oil, Dijon mustard, apple cider vinegar, maple syrup, salt, and pepper until smooth and emulsified.
- ✔ Add the romaine, ham, Swiss cheese, cucumber, bell pepper, and green onion tops to a large bowl.
- ✔ Pour the dressing over the salad and toss until everything is evenly coated.
- ✔ Serve immediately or refrigerate the dressing separately until ready to eat.