

ITALIAN CHOPPED SALAD

INGREDIENTS

ITEM	QUANTITY
Chopped Romaine Lettuce	6 Cups
Sliced Cucumber	1 Cup
Halved Cherry Tomatoes	1 Cup
Shredded Carrots	½ Cup
Sliced Black or Green Olives	½ Cup
Nitrate-free Deli Ham or Roast Beef	4 oz.
Shaved Parmesan	½ Cup
Chopped Fresh Parsley	2 Tbsps.
olive oil	3 Tbsps.
red wine vinegar	2 Tbsps.
Dijon mustard	1 Tsp.
maple syrup	1 Tsp.
dried oregano	½ Tsp.
dried parsley	½ Tsp.
salt	¼ Tsp.
black pepper	¼ Tsp.

SERVING SIZE **1 SERVING**

PREPARATION

- Add the romaine, cucumber, tomatoes, carrots, olives, deli meat, Parmesan, and parsley to a large bowl.
- Whisk together the dressing ingredients.
- Drizzle the dressing over the salad.
- Toss gently until evenly coated.
- Divide into four servings.

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