
CHOPPED ANTIPASTO SALAD

Gluten-Free, Nut-Free, Egg-Free, Vegetarian

Yield: 6 servings **Total time:** 20 minutes



D'LISH

Ingredients

For the salad:

- 2 1/2 cups (OR 1/2 head) romaine lettuce, chopped
- 1/4 cup fresh basil, chopped
- 1-15 oz can chickpeas, drained and rinsed
- 1-14 oz can artichokes, drained and rinsed
- 2 cups grape tomatoes, halved
- 1 cucumber, peeled and chopped
- 1/2 cup low fat mozzarella cheese, cubed
- 1-2.25 oz can sliced black olives

For the dressing:

- 3 tbsp olive oil
- 1 tbsp vinegar (red wine, white wine OR apple cider)
- 1 tbsp lemon juice
- 1 tbsp fresh basil, chopped
- 1 tsp honey
- 1/4 tsp garlic powder
- 1/4 tsp ground black pepper

Directions

1. Prep ingredients for both the salad and dressing.
2. Make the salad: In a medium bowl, toss the lettuce and basil together with tongs. Spread out on a large serving platter or in a large salad bowl. Arrange the chickpeas, artichoke hearts, tomatoes, cucumber, feta, and olives in piles next to each other on top of the lettuce layer.
3. Make the dressing: In a small bowl, whisk together the oil, vinegar, lemon juice, basil, honey, garlic and pepper. Serve on the side with the salad, or drizzle over all the ingredients right before serving.

Grocery List

- Romaine lettuce
- Fresh basil
- Canned chickpeas
- Canned artichokes
- Canned olives
- Grape tomatoes
- Cucumber
- Mozzarella
- Lemon
- Pepper
- Garlic powder
- Honey
- Vinegar
- Olive oil

Kitchen Equipment

- Can opener
- Colander
- Mixing bowls
- Tongs
- Whisk
- Measuring cups & spoons
- Cutting board
- Sharp knife
- Vegetable peeler
- Serving platter or bowl

Per serving: Calories: 226; Total Fat: 13g; Saturated Fat: 3g; Sodium: 545mg; Total Carbohydrates: 23g; Fiber: 8g; Protein: 8g

Nutrition Information

- Antipasto translates to “before the meal” and it’s the perfect dish to share. It’s traditionally made up of a selection of cured meats, cheese, olives and various breads and crackers. This recipe is a healthier option served with protein rich beans and plenty of fibrous veggies.

Notes