

# Big Italian Salad

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/zias-italian-salad-recipe>

## Ingredients:

- 1 cup Italian parsley loosely packed fresh, roughly chopped
- 10 fresh basil big leaves
- 1/4 teaspoon dried oregano
- 2 cloves garlic peeled
- 1/4 cup red wine vinegar best quality such as Pompeian Gourmet
- 3/4 cup extra virgin olive oil best quality such as Lucini or Colavita
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 teaspoons honey
- 1 head romaine lettuce washed, dried and cut into large, bite-sized pieces
- 1 red bell pepper large, chopped
- 1 cup hothouse cucumbers chopped
- 1 carrot large, peeled into ribbons
- 1 handful grape tomatoes halved
- 1 handful pitted olives
- ricotta salata
- feta

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 5 milligrams
4. Fat: 29 grams
5. Fiber: 4 grams
6. Protein: 3 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 470 milligrams
9. Sugar: 5 grams

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