

# Italian Chopped Salad with Balsamic Dressing

Yield: 8 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/best-italian-balsamic-dressing-recipe>

## Ingredients:

- 8 cups lettuce chopped, about 1 large head of iceberg
- 1/2 pound genoa salami chopped into small cubes
- 2 cups cooked chicken breast chopped
- 4 green onions sliced
- 5 radishes small, chopped
- 3 ounces provolone cheese chopped
- 5 ounces Monterey Jack cheese chopped
- 2 tablespoons fresh basil chopped
- 1 pint grape tomatoes chopped
- 8 Kalamata olives chopped, or use sliced black olives
- balsamic dressing Ingredients
- 2 teaspoons brown mustard
- 4 tablespoons balsamic vinegar
- 4 cloves garlic fresh
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon lemon
- 1 teaspoon black pepper coarse
- 1/2 teaspoon Herbes de Provence or use Italian Seasoning
- 1 tablespoon Parmesan cheese fresh or dry, optional
- 3/4 cup olive oil

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 45 milligrams
4. Fat: 35 grams

5. Fiber: 2 grams
  6. Protein: 12 grams
  7. SaturatedFat: 11 grams
  8. Sodium: 870 milligrams
  9. Sugar: 6 grams
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