

Best Italian Chopped Salad Greens

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1/3 cup extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 2 garlic cloves oven roasted, minced and smashed into a paste
- 1/2 teaspoon dried oregano I use Litehouse
- 1/2 teaspoon kosher salt or to taste
- 1 pinch pepper or to taste
- 1 teaspoon honey
- 1 head romaine lettuce washed, dried and chopped
- 1 head radicchio washed, dried and chopped
- 1 head endive washed, dried and chopped
- 1/4 cup parsley washed, dried and finely chopped
- 5 fresh basil leaves washed, dried and torn up
- 1 cucumber small, washed, dried and chopped
- 1 celery rib washed, dried and chopped, I also chop about 1 tablespoon of the celery leaves
- 1 cup cherry tomatoes washed, dried and chopped in half, about 1 large handful
- 1/2 cup pitted green olives
- 1/2 cup crumbled ricotta salata in a pinch, can substitute with feta cheese

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 15 milligrams
4. Fat: 25 grams
5. Fiber: 10 grams
6. Protein: 8 grams
7. SaturatedFat: 5 grams
8. Sodium: 650 milligrams

9. Sugar: 7 grams

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