

# Italian Chopped Salad (CPK Copycat)

Yield: 4 min  
Total Time: 35 min

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

## Ingredients:

- 1 head romaine lettuce 4 cups; 285g, See Note 1
- 1 can chickpeas 15 ounces; 439g, also called garbanzo beans, drained and rinsed
- 1 pint heirloom cherry tomatoes 2 cups; 300g, cut into quarters
- 1/2 cup red onion very thinly sliced
- 1 cup salami 4 ounces; 120g chopped
- 1/2 cup chopped ham
- 1 cup mozzarella pearls 5oz, 140g fresh, halved
- 1/3 cup pepperoncini thinly sliced
- 12 fresh basil leaves large
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons Dijon mustard
- 3 tablespoons red wine vinegar
- 3 teaspoons white sugar
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 1 clove garlic 1/2 teaspoon minced
- 1/3 cup olive oil
- salt
- pepper

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 20 milligrams
4. Fat: 27 grams
5. Fiber: 10 grams
6. Protein: 16 grams

7. SaturatedFat: 6 grams
  8. Sodium: 720 milligrams
  9. Sugar: 9 grams
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