

Easy Italian Salad

Yield: 6 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-dressing-recipe-with-dijon-mustard>

Ingredients:

- 1/2 cup vegetable oil or use half olive oil, half vegetable oil
- 3 tablespoons red wine vinegar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon Italian seasoning
- 1 teaspoon sugar
- salt
- pepper
- 1 garlic /4 teaspoon, or 1 very small clove, optional
- 8 cups romaine lettuce, or iceberg
- 2 cups radicchio
- 2 cups cherry tomatoes halved
- 1/4 red onion thinly sliced
- 1 cup seasoned croutons
- 1/2 cup black olives pitted
- 6 pepperoncini peppers
- 1/4 cup shredded Parmesan cheese or to taste
- 1/2 cup Italian dressing homemade or store bought
- 1 tablespoon parsley fresh herbs, or basil

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 5 milligrams
4. Fat: 27 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 3 grams
8. Sodium: 700 milligrams
9. Sugar: 6 grams

10. TransFat: 0.5 grams

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