

Everyday Italian Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-pie-recipe-that-uses-italian-cROUTONS-cheese>

Ingredients:

- 5 ounces spring greens mixed, , or whatever greens you prefer
- 1/2 red onion a small, peeled and thinly sliced
- 2 cups cherry tomatoes
- 2 cups croutons homemade or store-bought
- 1/2 cup grated Parmesan cheese freshly-, plus extra for topping
- 1/3 cup pepperoncini peppers sliced
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon dried oregano
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon cracked black pepper freshly-
- 1 clove garlic pressed or minced , or 1/2 teaspoon garlic powder

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 10 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 4 grams
8. Sodium: 610 milligrams
9. Sugar: 4 grams

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