

Easy Weeknight Dinner Party + Delicious Italian Salad

Yield: 6 min
Total Time: 30 min

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

Ingredients:

- 1/4 cup fresh basil leaves packed
- 1 cup flat leaf Italian parsley loosely packed fresh, roughly chopped
- 1/2 teaspoon dried oregano
- 2 cloves garlic minced
- 1/4 cup red wine vinegar
- 1 teaspoon white sugar
- 3/4 cup extra-virgin olive oil
- cracked black pepper
- fine sea salt
- 1 head romaine lettuce washed, dried and cut into bite-sized pieces
- 3/4 cup English cucumbers halved and quartered
- 1/2 cup artichokes drained and coarsely chopped
- 1/2 cup grape tomatoes halved
- 1/3 cup pitted black olives halved
- 1 avocado small, chopped or thinly sliced
- croutons
- Parmesan cheese

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 5 milligrams
4. Fat: 33 grams
5. Fiber: 6 grams
6. Protein: 5 grams
7. SaturatedFat: 5 grams
8. Sodium: 250 milligrams

9. Sugar: 3 grams

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