

Italian Leafy Green Salad

Yield: 6 min
Total Time: 15 min

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

Ingredients:

- 2 cups romaine lettuce torn, washed and dried
- 1 cup escarole torn
- 1 cup radicchio torn
- 1 cup red-leaf lettuce torn
- 1/4 cup green onions chopped
- 1/2 red bell pepper sliced into rings
- 1/2 green bell pepper, sliced in rings
- 12 cherry tomatoes
- 1/4 cup grapeseed oil
- 2 tablespoons fresh basil chopped
- 1/4 cup balsamic vinegar
- 2 tablespoons lemon juice
- salt
- pepper

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 7 grams
3. Fat: 9 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 140 milligrams
8. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Italian Leafy Green Salad above. You can see more 17 italian leafy green salad recipe You won't believe the taste! to get more great cooking ideas.