

Classic Tossed Salad

Yield: 12 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-tossed-salad-recipe>

Ingredients:

- 1 cup slivered almonds blanched
- 2 tablespoons sesame seeds
- 1 head romaine lettuce torn into bite-size pieces
- 1 head red-leaf lettuce torn into bite-size pieces
- 8 ounces crumbled feta cheese
- 4 ounces sliced black olives
- 1 cup cherry tomatoes halved
- 1 red onion halved and thinly sliced
- 6 fresh mushrooms sliced
- 1/4 cup romano cheese grated
- 8 ounces italian salad dressing

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 20 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 710 milligrams
9. Sugar: 4 grams

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