

ITALIAN CHOPPED SALAD- LA SCALA STYLE

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 1/2 cup extra virgin olive oil
- 4 tablespoons red wine vinegar
- 2 tablespoons juice from a jar of pickled banana peppers
- 2 cloves garlic
- 1 teaspoon salt
- 2 teaspoons dry mustard
- 2 teaspoons dried thyme
- 2 teaspoons dried oregano
- 1 teaspoon black pepper
- 2 tablespoons banana peppers minced pickled
- 2 tablespoons red onion minced
- 15 ounces garbanzo beans or chickpeas, drained and rinsed
- 4 ounces salami Italian, julienned
- 8 cups lettuce leaves torn, such as romaine and bibb
- 4 ounces shredded mozzarella cheese
- 2 ounces shredded Parmesan cheese
- grape tomatoes halved, optional

Nutrition:

1. Calories: 880 calories
2. Carbohydrate: 72 grams
3. Cholesterol: 55 milligrams
4. Fat: 50 grams
5. Fiber: 20 grams
6. Protein: 37 grams
7. SaturatedFat: 14 grams
8. Sodium: 1380 milligrams

9. Sugar: 15 grams

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