

Simple Italian Salad

Yield: 6 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-italian-recipe-ideas>

Ingredients:

- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/2 cup olive oil
- 2 tablespoons red wine vinegar
- 1 head romaine lettuce or 2 romaine hearts, roughly chopped
- 1/2 red onion thinly sliced
- 1/2 cup Parmesan cheese grated
- 1 cup peperoncini whole or sliced
- 1/2 cup black olives sliced or whole
- 1 pint cherry tomatoes
- freshly ground pepper to taste
- croutons store bought or homemade

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 5 milligrams
4. Fat: 22 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 4 grams
8. Sodium: 490 milligrams
9. Sugar: 4 grams

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