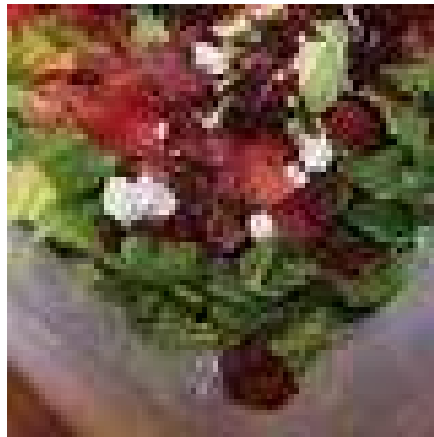


Italian Chopped Salad



Servings: 4

Salad

1 large head romaine lettuce (4 cups)

1 pint heirloom cherry tomatoes (2 cups), cut into quarters

1/2 cup very thinly sliced red onion

1/4 cup pepperoni sausage, cut into small pieces

1/2 cup chopped ham (80g)

1 cup fresh mozzarella pearls (5oz)

6 each marinated artichokes (8 ounces) sliced

10 large fresh basil leaves (10 to 12), chopped

For the dressing:

2 large cloves garlic, pressed or minced

1 cup good-quality extra-virgin olive oil

1/3 cup red wine vinegar

1 large egg yolk

1 teaspoon sugar

1/2 teaspoon Dijon mustard

Kosher salt and freshly ground black pepper

For the dressing

Combine the garlic, oil, vinegar, egg yolk, sugar, mustard, and a generous pinch of salt and pepper in a blender, and process until creamy and smooth, 30 to 60 seconds.

For the salad

Combine all the salad ingredients in a large bowl, combining carefully.

Add enough dressing to lightly coat. Taste and add more dressing, salt, and pepper if desired.

Add sliced almonds if desired.

Per Serving (excluding unknown items): 98 Calories; 8g Fat (76.4% calories from fat); 4g Protein; 2g Carbohydrate; trace Dietary Fiber; 60mg Cholesterol; 238mg Sodium; 1g Total Sugars; trace Vitamin D; 12mg Calcium; trace Iron; 59mg Potassium; 44mg Phosphorus. Exchanges: .