



Italian Garden Salad

Serving Size: 2 Cups Salad; Calories 153; Total Fat 9g; Sodium 327g; Total Carbohydrate 17g; Dietary Fiber 3.5g; Protein 3g

Ingredients:

- 1/4 cup extra virgin olive oil
- 3 tablespoons fat-free mayonnaise
- 1 tablespoon white wine vinegar
- 1 tablespoon fresh lemon juice
- 1 1/2 teaspoons granulated sugar
- 1 teaspoon kosher salt
- 3/4 teaspoon black pepper
- 1/2 teaspoon Italian seasoning
- 1 garlic clove, smashed
- 1 oz parmesan cheese, grated (about 1/4 cup)
- 10 oz salad mix
- 3/4 cup pitted black olives, drained
- 3/4 cup pickled pepperoncini, sliced and drained, to taste
- 1/2 cup thinly sliced red onion
- 2 plum tomatoes, sliced
- 1 (4.5 oz) package seasoned croutons

Equipment Needed:

- Large glass jar with lid
- Large bowl
- Cutting board
- Paring knife

Prep Time

15 min

Total Time

15 min

Servings

8



Instructions:



1. Combine oil, mayonnaise, vinegar, lemon juice, sugar, salt, pepper, Italian seasoning, garlic, and Parmesan in a glass jar.



2. Secure tightly with lid. Shake jar until thoroughly combined.

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Instructions Continued:



3. Combine salad mix, olives, pepperoncini, onions tomatoes, and croutons in a large bowl or platter.



4. Portion salad in individual bowls.



5. Drizzle salad with dressing. Serve.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](#) [#Indiana4H](#)



Extension - Lawrence County

