



THE ingles TABLE

with Lindsay Moore
Italian Chopped Salad

Shopping List

3 Heads Romaine Lettuce, chopped
½ Head Radicchio, chopped
1 can (15 ounces) garbanzo beans/
chickpeas, rinsed and drained
1 jar (6-1/2 ounces) marinated
artichoke hearts, drained and chopped
1 medium green pepper, chopped
1 Pint Cherry Tomatoes, halved
1 Pint mixed olives from Olive bar, chopped
7 thin slices hard salami, chopped
5 slices (or 6oz) provolone cheese, cubed
2 green onions, chopped
¼ Cup Extra Virgin Olive Oil
2 Tbsp red wine vinegar
1 Tbsp Dijon Mustard
2 tsp honey
1 tsp dried oregano
¼ tsp kosher salt
¼ tsp pepper
Pinch of red pepper flakes

Cooking Instructions

1. Combine all ingredients listed before the EVOO in a large bowl and set aside.
2. Make the vinaigrette by whisking all ingredients in measuring cup or small bowl. Add salt to taste.
3. Drizzle dressing on salad and toss just before serving.
4. Enjoy!

