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Chopped Italian Salad

By Susie Iventosch



Photo Susie Iventosch

1 cup Parano, or white cheddar cheese, cut into 1/4-inch cubes

1 cup Parmesan cheese, cut into 1/4-inch cubes

1 large English cucumber, peeled and diced

1/2 cup marinated artichokes, drained and chopped (optional)

1 recipe Italian dressing (below)

DIRECTIONS

In a large glass salad bowl, layer lettuce, artichoke hearts, garbanzo beans, cucumber, salami and cheeses. Toss with dressing and serve with bread or crackers.

Dressing

1/2 cup olive oil

1/4 cup red wine vinegar

1 teaspoon Dijon mustard

2 tablespoons fresh basil leaves, finely sliced

1 teaspoon Italian seasoning

Salt and pepper to taste

Mix all ingredients well.

Golden balsamic dressing

In a jar with a tight-fitting lid, mix the following ingredients and shake well:

1/4 cup golden balsamic vinegar (available in most markets in the vinegar section)

1/2 cup extra-virgin olive oil

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(Serves 4)

For a substantially filling "light" meal, this chopped Italian salad is a great way to go. Cubed Parmesan, salami, garbanzo beans and plenty of chopped veggies tossed in your favorite Italian dressing makes for a fun dinner at home, or a great dish to take on the road to your next potluck or picnic spot. Though there is a dressing recipe included here, a good bottled dressing is perfectly fine, too.

INGREDIENTS

1 large head of Romaine lettuce, chopped

1 or 2 yellow, orange or red bell peppers, diced

One 15-ounce can garbanzo beans, drained

1 1/2 cups of diced salami

1/4 teaspoon onion powder

1/4 teaspoon ground white pepper

Salt to taste

Candied Nuts

1/4 cup walnut halves

1/4 cup pecan halves

2 tablespoons olive oil

1/2 teaspoon sea salt

1/4 teaspoon cardamom

1/4 teaspoon ground pepper

2 tablespoons brown sugar

In a frying pan, heat oil. Add nuts and cook over medium-high heat until just beginning to brown. Toss in spices and stir to coat over nuts. Add brown sugar, and continue to cook just until sugar is bubbly, stirring often. Remove from heat and cool. Break into smaller pieces and set aside until ready to toss salad.

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