

# Mama Mia Italian Chopped Salad

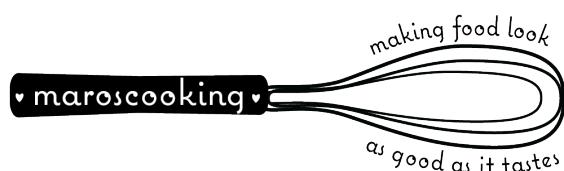
## For salad:

- ▷ 3 medium romaine hearts, sliced horizontally about ½-inch wide
- ▷ 2 cups shaved red cabbage
- ▷ 1 cup red onion, diced
- ▷ 2 carrots, thinly sliced
- ▷ 2 ribs celery, thinly sliced
- ▷ 20 San Marzano tomatoes, thinly sliced
- ▷ 1/2 cup sliced pickled pepperoncini peppers (I prefer mild)
- ▷ 1/4 cup sun-dried tomatoes, finely chopped
- ▷ 1 15-oz can chickpeas, drained and rinsed
- ▷ 1 cup green pitted olives, marinated in garlic if possible
- ▷ 1/2 bunch roughly chopped parsley
- ▷ 5 ounces shaved parmesan
- ▷ 10 pieces thinly sliced genoa salami, cut into thin strips

## For vinaigrette:

- ▷ 3/4 cup extra-virgin olive oil
- ▷ 1/4 cup red wine vinegar
- ▷ 1 tablespoon Dijon mustard
- ▷ 1 tablespoon honey
- ▷ 2 teaspoons garlic powder
- ▷ 1 teaspoon onion powder
- ▷ 3 teaspoons dried oregano
- ▷ kosher salt and freshly cracked pepper, to taste
- ▷ Pinch of red pepper flakes, if desired

Serves 6



## Directions:

In a large salad bowl, place all the vegetables together with lettuce on the bottom. Add shaved parmesan and salami at the end.

Prepare dressing in large bowl, and whisk in the olive oil in a steady stream while whisking to help emulsify the dressing. Adjust seasonings if necessary and shake in dressing jar and refrigerate until ready to use.

When ready to serve, add dressing slowly to avoid over dressing and toss to coat the salad. You may have extra dressing which you can easily store and use for another salad.

Serve with warm bread and enjoy!