



Chopped Salad

By On Top of the World Chefs

4 Servings

Ingredients:

- 4 large leaves romaine, washed and chopped
- 1 small head radicchio, washed and chopped
- 1 small cucumber, peeled (or zucchini, diced)
- 1 red pepper, stemmed, seeded, diced
- 1 yellow pepper, stemmed, seeded, diced
- 2 carrots, peeled and chopped
- 1 celery stalk, chopped
- ½ cup extra virgin olive oil
- ¼ cup red wine vinegar, approximately
- 1 shallot, minced
- 1 tablespoon Dijon-style mustard
- Salt and pepper

Cooking instructions:

Toss all vegetables together. Combine oil, vinegar, shallot and mustard, and beat with a whisk. Season with salt and pepper; then taste and adjust seasoning as necessary. Just before serving, toss the salad with the dressing.

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Amount Per Serving

Calories	282.1
Total Fat	28.3 g
Saturated Fat	4.0 g
Polyunsaturated Fat	4.1 g
Monounsaturated Fat	20.0 mg
Cholesterol	0.0 mg
Sodium	194.5 mg
Potassium	333.2 mg
Total Carbohydrate	8.7 g
Dietary Fiber	2.3 g
Sugars	2.9 g
Protein	1.3 g