



Farmhouse TO Your House

A Novo Nordisk-Sponsored Program

Chopped Salad + Easy Italian Dressing

INGREDIENTS

Salad

- 1 green leaf lettuce (3 cups)
- 1 red leaf lettuce (1½ cups)
- 1 large onion, diced small
- 1 cucumber, chopped (2 cups)
- 1 tomato, chopped
- 2 avocados, chopped
- 1 bell pepper, chopped
- ¼ cup cotija/parmesan cheese
- ¼ pickles, chopped
- 2 oranges, chopped (segments)
- 2 apples, chopped

Dressing

- ¾ cup olive oil
- ¼ cup red or white wine vinegar
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp onion powder
- ½ tsp crushed red pepper
- ¾ tsp salt
- ½ tsp pepper
- 1 tsp lemon juice

*This chopped salad will amaze everyone around the table!
Homemade Italian dressing, veggies, and parmesan cheese
combine into one extraordinary salad.*



Chopped Salad + Easy Italian Dressing

by Chef Nick Wallace

Servings: 8 • Prep Time: 20 minutes • Total Time: 20 minutes

DRESSING INSTRUCTIONS

1. Add all ingredients to a jar, place the lid on the jar, and give it a good shake!
2. Just like with all vinegar-based dressing, you'll need to shake it up again before pouring to eliminate separation.

SALAD INSTRUCTIONS

1. Chop lettuces and thinly slice the onion.
2. Chop tomatoes, bell peppers, pickles, oranges, apples, cucumbers, and avocado.
3. Mix together all the ingredients for the salad, including the dressing, and toss to combine. If making in advance, refrigerate the components separately; bring the dressing to room temperature before serving.