

Kitchen Sink Chopped Salad

Katie Workman - The Mom 100 Cookbook

Relish Magazine - August 2012

Servings: 6

2 hearts of romaine lettuce, sliced crosswise into 1/2-inch ribbons
1 red bell pepper (or orange, yellow or green), diced
2 carrots, sliced or shredded
1 can (14 ounce) artichoke bottoms, cut into 1/4-inch dice
1 cup seedless or English cucumber, thinly sliced
1 cup cherry or grape tomatoes, cut into halves
1/2 cup red onion, slivered
1/4 cup pitted black olives, sliced
1/2 cup Cheddar, Swiss or mozzarella cheese, shredded
1/4 to 1/3 cup vinaigrette salad dressing of your choice

In a large serving bowl, combine the lettuce, bell pepper, carrots, artichokes, cucumber, tomatoes, onion and olives.

Toss in the cheese.

Add the vinaigrette and toss again.

Per Serving (excluding unknown items): 28 Calories; 1g Fat (20.5% calories from fat); 1g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 143mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 0 Fat.