



# 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

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