

Antipasto Salad

Ingredients:

8 cups romaine lettuce, chopped
1 (7 oz.) jar roasted red peppers, drained and sliced
1 (6 oz.) jar artichoke hearts, chopped
1/2 cup red onion, thinly sliced
1/2 cup parsley, chopped
1/2 cup Kalamata olives, halved
1/4 cup pepperoni, diced
1/4 cup salami
1/2 cup provolone
1/2 cup cherry tomatoes, quartered
1/2 cup pepperoncini peppers (optional)

Dressing:

6 tablespoons olive oil
1/4 cup red wine vinegar
1 garlic clove, minced
1 teaspoon Dijon mustard
1/2 teaspoon sugar
Salt and pepper to taste

Directions:

1. To make the dressing, combine all the ingredients. Mix until combined.
2. In a large bowl, toss salad ingredients together. Pour salad dressing over the salad mix and toss to combine. Serve with pepperoncini peppers. Enjoy!

Nutrition Facts	
Serving Size (176g)	
Servings Per Container 8	
Amount Per Serving	
Calories 270	Calories from Fat 190
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 480mg	20%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 8g	
Vitamin A 60%	• Vitamin C 60%
Calcium 10%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	30g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

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