



Garden Fresh Italian Summer Salad

Serves: 6 servings

Prep Time: 20 minutes

This easy salad recipe is perfect as a light meal or side dish!

Serve it with your favorite pizza, pasta, or cookout fare.

INGREDIENTS

Lemon Vinaigrette

- 1/4 cup Papa Vince extra-virgin olive oil
- 1 1/2 tablespoons lemon juice
- 1 tablespoon Papa Vince 8-year aged Balsamic vinegar
- 1/2 shallot, finely chopped
- 1 garlic clove, finely chopped
- 1 tablespoon dried oregano
- 1/2 teaspoon Papa Vince Trapani Sea Salt
- freshly ground black pepper

Salad

- 1 small head of Hydroponic Sweet Ice Glace Lettuce - from LocAL Lettuce Heads .Farm
- 1 head Hydroponic Red Sweet Crisp - from LocAL Lettuce Heads .Farm
- 1/2 small red onion, thinly sliced
- 1-pint cherry tomatoes, halved or quartered
- 1 can chickpeas, rinsed and drained
- 4 ounces fresh pearl mozzarella, drained
- 4 ounces provolone cheese, diced
- 5 pepperoncini, stemmed and sliced
- 1 teaspoon oregano for garnish
- to taste, Papa Vince Extra Virgin Olive Oil
- sea salt and freshly ground black pepper

HOW TO MAKE

- 1. Create the Lemon Vinaigrette Dressing** - Whisk extra virgin olive oil, lemon juice, aged balsamic vinegar, shallot, garlic, oregano, salt, and pepper in a small bowl for the dressing. Set aside.
- 2. Chop the Greens** - Start by cutting the head of the Sweet Ice Glace lettuce in half through the core, then remove the heart. Slice the lettuce lengthwise into 1/4-inch strips. Repeat the same process with the Red Sweet Crisp.
- 3. Combine all the ingredients** - Combine the sliced Sweet Ice Glace lettuce, Red Sweet Crisp, halved cherry tomatoes, rinsed and drained chickpeas, drained fresh pearl mozzarella, diced provolone cheese, and stemmed and sliced pepperoncini.
- 4. Dress the Salad** - Drizzle the prepared lemon vinaigrette dressing over the salad ingredients and toss gently to coat everything evenly. Make sure all the components are well covered with the dressing.
- 5. Final Touch** - Season the salad with additional extra virgin olive oil, salt and pepper to taste, if desired. Serve and enjoy the delightful flavors and textures of this vibrant Italian chopped salad.

VARIATIONS

- For a **vegetarian option**, you can omit the provolone cheese or substitute it with a plant-based alternative like vegan cheese or tofu.
- Add a handful of sliced black olives or marinated artichoke hearts for a **Mediterranean twist**.
- Include some sliced grilled chicken or shrimp to increase the protein content and **make it more substantial**.