



## ITALIAN CHOPPED SALAD

### Ingredients

#### Lemon Vinaigrette

- ¼ cup olive oil
- 1 ½ tablespoons lemon juice
- 1 tablespoon balsamic vinegar
- 1 scallion, finely chopped
- 1 garlic clove, finely chopped
- 1 tablespoon dried oregano
- ½ teaspoon sea salt
- ground black pepper (to taste)



#### For the Salad

- 1 small head iceberg lettuce
- 1 head romaine lettuce
- ½ small red onion, thinly sliced
- 2 cups chopped tomatoes
- 1 cucumber, peeled, seeded and chopped
- 1 can chickpeas, rinsed and drained
- 4 ounces fresh mozzarella cheese, diced
- 4 ounces provolone cheese, diced
- 5 pepperoncini, stemmed and slices (optional)
- 1 teaspoon oregano, for garnish
- sea salt and freshly ground black pepper

### Preparation Steps

- Make the dressing. In a small bowl, whisk together the olive oil, lemon juice, vinegar, scallion, garlic, oregano, salt, and pepper, and set aside.
- Cut the iceberg lettuce in half through the core, then cut out the core. Slice the lettuce lengthwise into ¼-inch strips.
- In a large bowl, combine the lettuce, tomatoes, cucumber, chickpeas, mozzarella, provolone, and pepperoncini. Drizzle with the dressing and toss gently to coat. Season with salt and pepper and toss again. Sprinkle with extra oregano, and serve.