

Italian Chopped Salad

Mediterranean

A large, flavorful, low-calorie Italian-style salad designed to be satisfying and pair well with heavier meals like pasta.

Ingredients:

Base:

- * 4 cups Romaine lettuce (chopped)
- * 2 cups Baby spinach

Crunch & Vegetables:

- * 1 cup Cucumber (diced)
- * 1 cup Cherry tomatoes (halved)
- * 1/2 cup Bell peppers (diced, red or yel...)
- * 1/4 cup Red onion (thinly sliced)

Flavor & Herbs:

- * 2 tablespoons Fresh basil (chopped)
- * 1/4 cup Black olives (optional, sliced)

Cheese:

- * 1/4 cup Feta cheese (crumbled)
- * 2 tablespoons Parmesan cheese (grated)

Dressing:

- * 4 tablespoons Italian dressing (about 2 tbsp per ...)
- * 1 tablespoon Lemon juice (fresh squeezed)



Instructions:

1. In a large bowl, combine romaine and spinach.
2. Add cucumber, tomatoes, bell peppers, and red onion.
3. Mix in basil and optional olives for added flavor.
4. Sprinkle feta and parmesan evenly over the salad.
5. Drizzle Italian dressing and lemon juice over the salad.
6. Toss thoroughly to evenly coat all ingredients.
7. Serve immediately. For best results, eat a portion before the main meal to increase fullness.

Notes:

Designed for high volume eating to support calorie control. Eat before pasta to reduce overall intake.

Servings: 4 | Serving size: 1 1/2 cups | Calories: 180 | Protein: 7g