

Italian Chopped Salad



This Italian Chopped Salad is crisp, refreshing, and filled with flavorful ingredients like salami, mozzarella, and olives, dressed in a tangy vinaigrette. It's perfect for a light yet satisfying keto lunch that's easy to prepare.

Ingredients for 2 serving (US/Metric)

- 188g / 6.6oz **Romaine lettuce**
- 178g / 6.3oz **Cherry tomatoes**
- 1 *pieces* **Cucumber, medium size**
- 120g / 4.2oz **Salami, pork**
- 119g / 4.2oz **Mozzarella**
- 55g / 1.9oz **Black Olives**
- 76g / 2.7oz **Red Onions**
- 5 *tbsp* **Olive oil**
- **Red wine vinegar**
- 3.5 *tsp* **Italian seasoning**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein: 15%**

- **Fat:** 78%
- **Net carbs:** 7%

Instructions

- **Prepare Salad:** In a large salad bowl, combine chopped lettuce, halved cherry tomatoes, diced cucumbers, chopped salami, diced mozzarella, sliced olives, and thinly sliced red onion.
- **Make Dressing:** In a small bowl, whisk together olive oil, red wine vinegar, Italian seasoning, salt, and pepper.
- **Toss and Serve:** Drizzle the dressing over the salad and toss well to coat. Serve immediately for the freshest flavor.