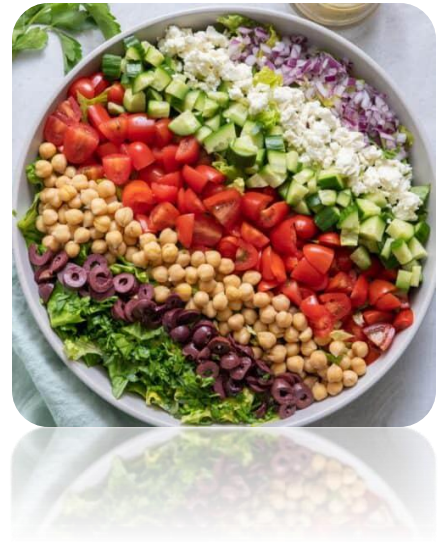


Make this Mediterranean Chopped Salad for a large crowd. It's full of veggies, chickpeas, feta cheese, and olives and tossed in a lemony herb dressing!

INGREDIENTS:

- 2 heads romaine lettuce chopped, about 6 cups
- 1 pint grape tomatoes, quartered
- 1 cup Persian cucumbers, chopped
- 15 ounce can chickpeas, drained and rinsed
- ¼ cup red onions, finely chopped
- ¼ cup pitted Kalamata olives, sliced
- ¼ cup crumbled feta cheese
- 1 tablespoon parsley, chopped



For the dressing:

- ¼ cup olive oil
- 3 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- 1 garlic clove, pressed
- ½ teaspoon oregano
- ¼ teaspoon salt
- ¼ teaspoon black pepper

INSTRUCTIONS:

1. Assemble the salad in a large bowl by placing the chopped lettuce first, then arranging lines of the remaining ingredients on top of the chopped lettuce.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe Source <https://feelgoodfoodie.net/recipe/mediterranean-chopped-salad>

2. To prepare the dressing, whisk together all the ingredients for the dressing in a small mason jar until emulsified.
3. When ready to serve, pour the dressing on top of the salad. Garnish with parsley. Toss if you prefer or keep the salad untossed for best presentation.

Nutrition Facts

Calories: 226kcal, Carbohydrates: 22g, Protein: 8g, Fat: 13g, Saturated Fat: 2g, Polyunsaturated Fat: 2g, Monounsaturated Fat: 8g, Cholesterol: 6mg, Sodium: 493mg, Potassium: 865mg, Fiber: 9g, Sugar: 5g, Vitamin A: 18970IU, Vitamin C: 24mg, Calcium: 146mg, Iron: 3mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.