# Fresh Italian Chopped Salad

1 MIN READ

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# This hearty Italian salad, an easy summer classic, keeps things simple and lets its fresh ingredients shine.

There’s a reason the Mediterranean diet keeps showing up in longevity research. Things like extra-virgin olive oil, chickpeas, kalamata olives, radicchio, and red wine vinegar aren’t just delicious: they’re a concentrated delivery system for the polyphenols, fiber, healthy fats, and anti-inflammatory compounds consistently linked to longer, healthier lives. But there’s another widely featured ingredient you’ll find in some of the world’s healthiest cuisines: **Allium veggies** (think onions, garlic, and leeks) add something special for your cardiovascular system, your gut microbiome, and your long-term cellular resilience.

This fresh Italian salad boasts all of that, plus some added bonuses: no cooking, no complicated technique, no ingredients you’ll use once and forget in the back of the cabinet. Topped with a dressing you’ll want to put on everything, it all comes together in under 10 minutes.

# Recipe: Fresh Italian Chopped Salad

*Serves 4*

- Recipe: 4 cups romaine lettuce
- 1 cup radicchio, chopped
- 1 cup grape tomatoes, sliced in half

- 1/3 cup red onion, thinly sliced
- 1 cup chickpeas, rinsed and drained
- 1/2 cup kalamata olives, sliced in half
- 1/4 cup pepperoncini, sliced
- 4 oz. salami, sliced into strips
- 1/2 cup grated or shaved parmesan cheese + more for serving

## Italian Dressing

- 1/2 cup extra-virgin olive oil
- 3 tbsp. red wine vinegar
- 1/2 juice of half a lemon
- 2-3 tsp. dried oregano
- 2 cloves garlic, minced
- 2 tsp. dijon mustard
- 1/8 tsp. red pepper flakes
- 1/2 tsp. salt
- 1 tsp. freshly ground black pepper

1. Chop and wash the lettuce and radicchio. Add to a serving bowl.
2. Slice tomatoes, red onion, olives and pepperoncini. Rinse and drain the chickpeas and slice the salami into thin strips.
3. Add all of the dressing ingredients into a small bowl or jar and whisk until well combined.
4. Add all of the toppings onto the lettuce and radicchio and top with half of the parmesan.

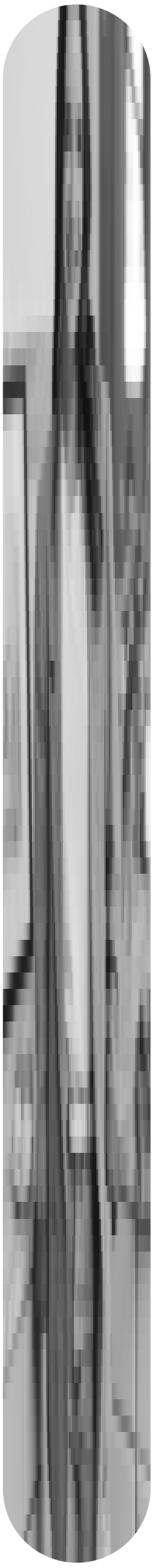
Add the dressing, toss and top with remaining parmesan and freshly ground black pepper if desired. Serve and enjoy!

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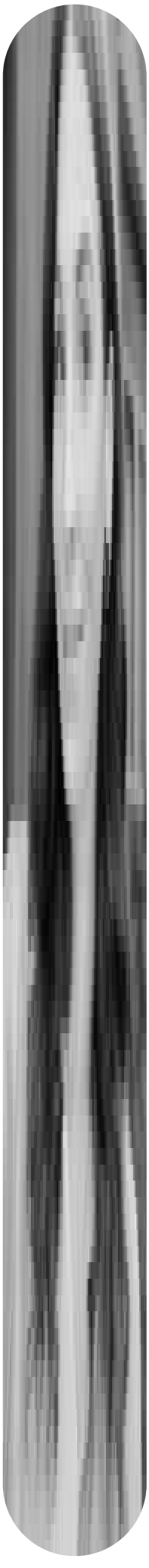
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