

Insalata Mista

Ingredient

- **For the Salad:**
 - **Greens:** Use a mix of tender baby greens, such as Organic Girl baby spring mix, butterhead lettuce, romaine, arugula, radicchio, or endive.
 - **Tomato:** Vine-ripened, heirloom, Campari, or Roma tomatoes, cut into small pieces. Cherry or grape tomatoes can also be used, halved.
 - **Cucumber:** Preferably English cucumbers with the skin left on. If using regular cucumbers, peel and remove the seeds.
 - **Red Onion:** Thinly sliced for added flavor, but can be omitted if preferred.
 - **Carrots:** Peeled and thinly sliced or shaved with a vegetable peeler.
 - **Cheese (optional):** Shaved Parmigiano Reggiano, ricotta salata chunks, or slices. Omit if dairy-free or vegan.
 - Pepperoncini (optional)
 - Olives (optional)
- **For the Balsamic Vinaigrette:**
 - **Extra-virgin olive oil:** Use high-quality extra virgin olive oil.
 - **Balsamic vinegar:** The better the quality, the better the flavor. Red wine vinegar can also be used.
 - **Dijon mustard:** Adds a lovely flavor to the dressing.
 - **Sea salt:** To taste.
 - **Freshly ground black pepper:** To taste.
 - **Honey:** To sweeten the dressing. Can be substituted with maple syrup or omitted.
 - **Garlic:** Minced garlic or shallot, depending on preference.

Instruction

1. Gather all your ingredients and place the lettuce mix in a large bowl.
2. Add the prepped vegetables as toppings.
3. Add on the shaved Parmigiano Reggiano.
4. Prep the vinaigrette in a bowl or in a mason jar and shake. Drizzle the dressing on the salad and gently toss to combine.
5. Serve and enjoy! Buon appetito!

How to Make a Basic Balsamic Vinaigrette:

6. Gather the vinaigrette ingredients.

7. Add the ingredients to a mason jar or a bowl.
8. Close the lid of the jar and shake to combine, or whisk the ingredients together if using a bowl.
9. Store in the refrigerator if making ahead of time.