

BEYOND HUNGER

ITALIAN ANTIPASTO SALAD

Spruce up any occasion with this delicious Italian inspired salad dish. This colorful dish is full of flavor and packed with fiber and protein. Serve as an appetizer or side dish that is sure to win everyone over!

Yield: 8 cups

Serving Size: 1 portion

Ingredients:

- 12 oz cremini **mushrooms**, thinly sliced
- 1, 14 oz can **white beans**, rinsed and drained
- 1, 14 oz can **artichoke hearts** in water, drained
- 1 cup **celery**, chopped, optional
- ½ cup **roasted red bell peppers**
- 1 cup **cherry tomatoes**, halved
- 1 **yellow bell pepper**, diced
- ¼ cup **red onion**, thinly sliced
- 2 tbsp **capers**, optional
- ½ cup fresh or dried **parsley**, chopped
- ½ cup fresh or dried **basil**, chopped
- 8 oz **baby mozzarella balls**

Italian Dressing:

- 1/3 cup **olive oil**
- 2 tbsp **red wine vinegar**, more to taste
- 1 tbsp **lemon juice**
- 2 tsp **minced garlic**
- 1 tbsp **shallot**, finely minced
- 1/2 tsp **maple syrup**
- 1 tsp **dried oregano**
- 1/4 tsp **salt**, more to taste
- 1/4 tsp **pepper**, more to taste

Instructions:

1. Gather your ingredients for the salad. Rinse and wash all vegetables prep as described in ingredient list.
2. For salad: In a large bowl, add the mushrooms, white beans, artichoke hearts, celery, roasted peppers, cherry tomatoes, bell pepper, red onions, fresh herbs, and baby mozzarella balls.
3. For dressing: Whisk olive oil, vinegar, lemon juice, garlic, shallot, maple syrup, dried oregano, and salt & pepper together in a small bowl.
4. Gently fold in the dressing into the salad, until combined. Taste, and add more salt or vinegar as needed.
5. Chill until serving time.

Serving suggestions: Serve over romaine lettuce or with crusty garlic bread.

Per Serving: Calories 248 kcal, Carbohydrates 24.6g, Protein 16.8g, Saturated Fat 1.4g, Sodium 352.9mg, Fiber 8g, Sugars 4.1g.

This recipe was adapted from Antipasto Salad on feastingathome.com

