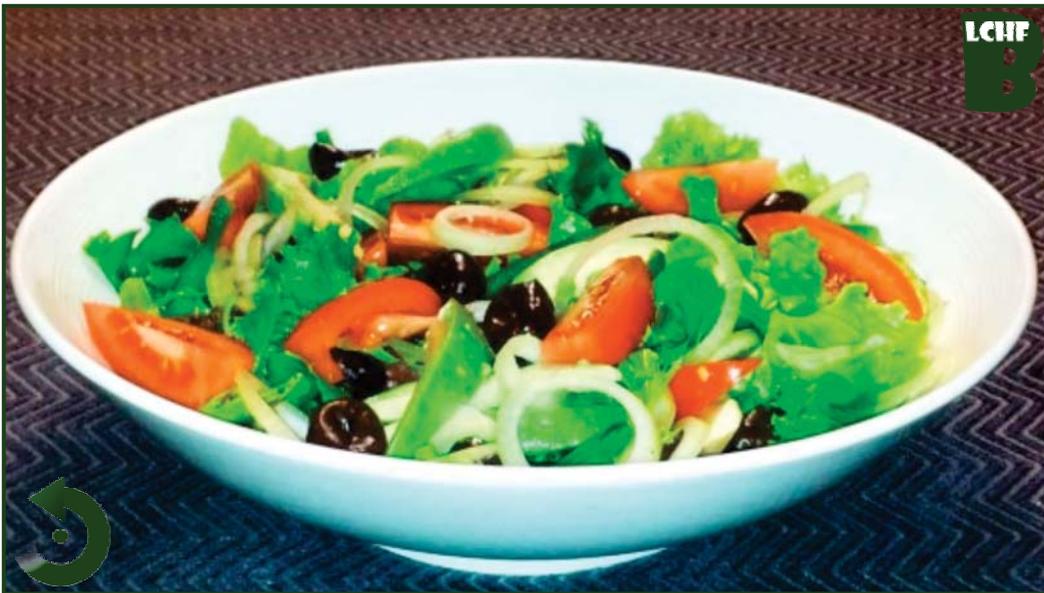




# Italian Tossed Salad with Italian Dressing

LCHF



**Servings:** 4  
**Total Time:** 30 mins



## INGREDIENTS

### For the Salad

60g crisp lettuce  
2 green peppers  
2 small onions  
10 Italian plum tomatoes  
2 avocado pears  
2 tsp lemon juice  
200g black Calamata olives



### For the Italian Dressing

2 tsp finely chopped garlic  
2 tsp English mustard powder  
2 tsp dried origanum  
2 Tbsp balsamic vinegar  
2 Tbsp red wine vinegar  
150ml extra virgin olive oil  
freshly ground salt & black pepper



## METHOD

### For the Salad

Prepare all the following ingredients into a large salad bowl.  
Tear up the lettuce.  
Top, tail & de-seed the green peppers; slice diagonally into thin slices.  
Peel the onions and slice into thin rings.  
Cut each tomato into 8 thin wedges.  
Peel the avocado pears & discard the pips.  
Slice into thin wedges and coat with lemon juice (prevents it browning).  
Squeeze or cut out the pips from the olives.

### For the Italian Dressing

In a jar, add the garlic, mustard powder, origanum & vinegars. Close the lid & shake well. Add the olive oil, season with salt & pepper, close the lid & shake again well.

To serve, toss the salad ensuring that the ingredients are evenly distributed & place the salad dressing separately on the side.

