



Italian-Inspired Lunch Salad

RECIPE

Ingredients

Salad:

- Salad greens (Romaine, Mixed greens & microgreens), rinsed & dried
- Cannellini Beans (rinsed and drained)
- Grape or cherry tomatoes
- Castelvetrano olives
- Peppers (I use Banana)
- Cheese (Parmesan or Feta)



Vinaigrette:

- 2 T Extra Virgin Olive Oil or Avocado Oil.
- 1 T vinegar of your choice (Red wine or Balsamic are ideal)
- Kosher Salt
- Fresh ground black pepper
- Oregano

Directions

1. Place all salad items in your bowl of your choice.
2. Mix up Vinaigrette.
3. Add vinaigrette to salad and mix to incorporate.

Recipe by Michelle Adams
www.foodstoic.com

Notes

Ideally use organic veggies when possible. Always wash and dry your produce.