



Spicy Italian Salad

Servings: 0

Make the dressing the night before

Ingredients

1/2 c canola oil
1/3 c tarragon vinegar
1 T white sugar
1 t chopped fresh thyme
1/2 t dried mustard
2 cloves garlic minced
8 oz can artichoke hearts, drained and quartered
5 c romaine lettuce, rinsed, dried, and chopped
1 red bell pepper cut into strips
1 carrot grated
1 red onion thinly sliced
1/4 c black olives
1/4 c pitted green olives
1/2 cucumber sliced
2 T grated Romano cheese
pepper to taste

Directions

In a medium container with a lid, mix oil, tarragon vinegar, sugar, thyme, mustard and garlic. Cover and shake until well blended. Place artichoke hearts into the mixture, cover, and marinate in the frig at least 4 hours or overnight.

In a large bowl, toss together lettuce, bell pepper, carrot, onion, olives, cucumber and romano cheese. Season with pepper. Pour in the artichoke and marinade mix and toss to coat.

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