

# ANTIPASTO SALAD

## Ingredients

- 2 large red peppers (or 1 12-ounce jar of whole roasted peppers, drained)
- 2 hearts of romaine lettuce, roughly chopped
- 8 ounces fresh mozzarella or sharp provolone cheese, cut into 1-inch pieces
- ½ cup olives, halved
- 1 15.5-ounce can (about 1¾ cups) cooked chickpeas
- ¼ large red onion, thinly sliced
- 1 cup marinated artichoke hearts, drained and quartered
- 8 ounces whole grain sourdough bread, cut into 1-inch cubes
- 1 tablespoon extra virgin olive oil

## Directions

1. Preheat oven to 400°F.
2. If using a jar of roasted peppers, skip this step. Cut peppers into halves, removing stem and seeds. Roast, face down, on glass baking sheet for 30 minutes, until soft and lightly browned. Cut into thin slices.
3. Meanwhile, combine other salad ingredients in a large bowl. Prepare dressing (see page 6). Toss bread cubes with 1 tablespoon olive oil.
4. When peppers have finished, lower heat to 350°F and bake bread cubes on a glass baking dish for 15 minutes, until browned and slightly crispy.
5. Add bread to salad bowl and top with dressing. Toss before serving.

1 HOUR | SERVES 6

*Nutrition Facts*

348 calories | 23g fat | 7g saturated fat | 631mg sodium | 25g carbohydrate | 4g fiber | 4g sugar | 12g protein