



# CHOPPED ITALIAN SALAD

August 18, 2011

## **Ingredients**

10 cups chopped romaine lettuce  
1/3 cup chopped red onion  
20 slices turkey pepperoni, quartered  
1 can (2 1/4 ounces) sliced black olives, rinsed and drained  
1 can (about 15 ounces) chickpeas, rinsed and drained  
1/3 cup light balsamic vinaigrette dressing  
1/3 cup shaved or grated Parmesan cheese

## **Preparation**

Combine lettuce, red onion, pepperoni, olives and chickpeas in large bowl. Toss with dressing; sprinkle with cheese.

*Makes 6 servings (about 1 cup per serving)*

## **Nutritional Information**

*Dietary exchanges:*

*1/2 Fat, 1 Starch, 1 Vegetable*

*Amount per serving: Calories 148, Total Fat 4g, Saturated Fat 1g, Protein 8g, Carbohydrate 20g, Cholesterol 12mg, Dietary Fiber 5g, Sodium 618mg*

*Diabetic Cooking, JULY/AUGUST 2011*

## **HEALTHY COMMUNITIES HEALTHY PEOPLE PROGRAM**

Providing guidance and support to make the *“healthy choice the easy choice.”*



Mary Beth Gurganus, LD/N  
Jackson County Health Department  
3045 4th Street ~P O Box 310  
Marianna, FL 32446

Phone: 850-526-2412 ext 282  
Fax: 850-482-9564  
E-mail: [WellnessBuddy@doh.state.fl.us](mailto:WellnessBuddy@doh.state.fl.us)  
Website: [www.jacksonchd.org](http://www.jacksonchd.org)

