



Antipasto Salad

Yield: ½ cup (125 mL) dressing

Serving Size: 6 servings 1 ½ cups (375 mL) per serving

Ingredients:

Dressing:

- 1 Tbsp. olive oil
- 2 Tbsp. flaxseed
- 2 cloves garlic
- 2 Tbsp. white wine vinegar
- 2 Tbsp. water
- 2 Tbsp. chopped fresh herbs or 2 tsp. (10 mL) dry*
- ½ tsp. dry mustard
- ¼ tsp. salt
- Ground pepper to taste

Salad:

- 6 cups washed, dried, torn and chilled iceberg lettuce
- 4 ½ oz. can, sliced pitted ripe olives
- 6 oz. jar, marinated artichoke hearts (drain and reserve liquid)
- 12 mushrooms, halved
- 12 cherry tomatoes, halved
- 2 Tbsp. grated Parmesan cheese

Garnish:

- 6 hard-boiled eggs, peeled, quartered
- 12 slices salami, cut into ¼ inch (6 mm) strips
- 6 whole pickled pepperoncini peppers (optional)
- 6 red onion or green pepper rings for garnish (optional)

Procedure:

In a small saucepan over medium heat, heat olive oil and flaxseed until seed starts to darken and pop, 1 ½ minutes.

Add garlic, cook and stir for 30 seconds. Remove from heat.

In a blender, combine vinegar, water, herbs, dry mustard, salt and pepper, toasted flaxseed mixture and reserved artichoke liquid. Blend until flaxseed is coarse, about 1 minute.

In a large bowl, toss lettuce, olives, artichoke hearts, mushrooms and tomatoes with salad dressing and Parmesan cheese.

Divide salad onto 6 chilled plates. Garnish each salad with egg, salami and pickled pepper.

*Fresh herbs can be parsley, oregano, basil.

