
Italian Chopped Salad



Ingredients

Italian Vinaigrette

- 1 egg yolk*
- 1 T water
- 1 T Dijon mustard
- 2 T minced garlic
- ½ t salt
- 1 t coarsely ground pepper
- ½ t dry mustard
- 2 t oregano
- ½ t granulated sugar
- 1/3 C red-wine vinegar
- 2 T lemon juice
- 1 C olive oil

Salad

- 4 ounces canned chickpeas
- 1 head iceberg lettuce, chopped into ¼"-1/2" pieces
- ½ C chopped fresh basil leaves
- 1 C shredded mozzarella cheese
- 12 ounces diced grilled/cooked chicken breast
- 8 ounces dry wine salami, diced
- 8 ounces roma tomatoes, diced
- ½ C grated provolone cheese
- 3 thin green onions thinly sliced

Instructions

1. To prepare vinaigrette: Combine egg yolk and water in a small bowl; whisk well. Cover the bowl with a small plate and microwave on HIGH for 10 seconds or until the mixture starts to expand. Continue to cook 5 seconds longer. Whisk with a clean whisk. Cover and cook on high for 5 seconds. Remove from the microwave, whisk with a clean whisk, cover and let sit 1 minute. (This process heats the egg enough to kill any harmful bacteria.)
2. In a food processor or with an immersion blender, combine egg mixture and all remaining ingredients except olive oil, process to blend. Slowly add olive oil, processing until emulsified. Set aside.
3. To prepare salad: Combine chickpeas, lettuce, basil, mozzarella, chicken, salami, tomatoes, provolone and green onions in a large salad bowl. Toss with dressing. (You may not need all of the dressing. Refrigerate any that remains.)

*If you want to omit the egg yolk and water, use 3 T of half and half instead. After dressing is mixed, use water to thin. About 2-3 T of cold water total.