

Insalata Mista / Mixed Green Salad:

Yield: 4 servings

Preparation Time: About 15 minutes

This is a simple Italian salad made in the traditional way. Use fresh-from-the-farm lettuce and tomato for best flavour and nutrition and to support a local farmer!

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none">• 1 small head of romaine, butter, iceberg or other lettuce, or a combination, torn into bite-sized pieces (about 6 cups)• 1 tomato, cut into wedges• 3 Tbsp. extra-virgin olive oil• 1 Tbsp. white wine vinegar, or red wine vinegar or fresh lemon juice• Pinch salt	<ul style="list-style-type: none">• Large salad bowl• Measuring spoons• Small sharp knife• Cutting board• Salad servers• Small bowl• Fork

Method:

1. Compost any outer lettuce leaves that are bruised. Fill the sink with a few centimetres of cold water. Separate the lettuce leaves and wash. Change the water and wash again. Dry very well on a clean tea towel or in a salad spinner. Tear into bite-sized pieces and place in a large salad bowl.
2. Cut a tomato in half. Place flat side down and cut into wedges. Add to the salad bowl.
3. Just before serving, drizzle the oil over the lettuce and toss well.
4. In a small bowl, whisk together the vinegar and salt with a fork until the salt is dissolved. Pour the vinegar over the salad and toss again.
5. Taste a piece of lettuce and add more oil, vinegar, or salt if needed. Serve immediately.

Tasty Tip:

For added colour and nutrition, add 1 cup shredded carrot or torn radicchio.