

Italian Salad

This salad is our family favorite. The combination of the vegetables give a good flavor and is a good compliment to any meal.

5 cups Romaine lettuce, torn

1 large cucumber, peeled, quartered
seeds removed and sliced 1/2-inch

3 tomatoes, cubed or
12 cherry tomatoes, cut in half

1 small sweet onion, thinly sliced

1 to 2 tsp. dried oregano

1/4 cup Parmesan cheese, finely grated

1/4 to 1/2 cup olive oil

1/8 to 1/4 cup vinegar

salt and pepper



Place lettuce, cucumber, tomatoes and onion in salad bowl.

Sprinkle with oregano, Parmesan cheese, salt and pepper. Toss lightly.

Add oil and then vinegar. Toss until vegetables are coated. Serve within 1/2 hour.

Yield: 4 to 6 servings.

NOTE: Any type of lettuce can be used or a combination of different types of lettuce.

Romaine cheese can substitute the Parmesan cheese.

Fresh oregano can replace the dried oregano but double the amount of the herb.

A good cooking oil can replace the olive oil.

Wine vinegar can substitute the regular white vinegar. Make my Homemade Herb Vinegar.

Removing the cucumber seeds helps reduce the indigestion.

Cutting the cherry tomatoes in half make the tomato easier to eat.