

Italian Mixed Salad Chopped Salad

Prosciutto, arugula, radicchio, Gorgonzola and pepperoncini peppers make up this classic Italian salad

- 1/4 lb prosciutto (8 to 10 slices), cut into 1/8-inch strips
- 4 cups bite-size pieces mixed salad greens
- 1 cup bite-size pieces arugula
- 1 small head radicchio, cut into thin strips (1 cup)
- 1/3 cup red wine vinaigrette
- 1/2 cup crumbled Gorgonzola cheese (2 oz)
- 6 pepperoncini peppers (bottled Italian peppers), drained, if desired

1. In 10-inch nonstick skillet, cook prosciutto over medium-high heat 5 minutes, stirring occasionally. Reduce heat to medium. Cook 5 to 10 minutes longer, stirring frequently, until prosciutto becomes mostly crisp. Drain on paper towel.

2. In large bowl, place salad greens, arugula, radicchio and vinaigrette; toss to coat. Sprinkle with prosciutto and cheese. Garnish with pepperoncini peppers.

Per Serving: Calories 100 (Calories from Fat 60); Total Fat 6g (Saturated Fat 2 1/2g, Trans Fat 0g); Cholesterol 20mg; Sodium 620mg; Total Carbohydrate 3g (Dietary Fiber 0g, Sugars 2g); Protein 7g

Percent Daily Value*: Vitamin A 45%; Vitamin C 10%; Calcium 8%; Iron 4%

Exchanges: 0 Other Carbohydrate; 1 Vegetable; 1/2 High-Fat Meat; 1/2 Fat Carbohydrate Choices

*Percent Daily Values are based on a 2,000-calorie diet.

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