



Mangia Bene E Vivi Bene!

By FRANK ZEOLI



Insalata Mista

PREP TIME: 15 MINUTES

INGREDIENTS

FOR THE SALAD:

- 2 heads of romaine lettuce, washed and dried (chopped)
- 1 small head of red radicchio (chopped)
- 4 oz of fresh fennel (sliced julienne)
- ½ pint of cherry tomatoes (washed)
- ½ small white onion (thinly sliced julienne)
- 1 red pepper (large dice)
- ½ teaspoon of kosher salt

FOR THE DRESSING:

- 2 oz of extra-virgin olive oil
- 2 oz of lemon juice (fresh-squeezed)
- 1 tablespoon of fresh parsley (chopped)
- ½ teaspoon kosher salt
- Black pepper to taste

Simple, fresh, and full of flavor, **Insalata Mista**, or **Mixed Salad**, is a classic Italian salad that proves you don't need complicated ingredients to create something delicious. A colorful combination of crisp greens, ripe vegetables, and a light homemade dressing make this salad the perfect accompaniment to almost any meal.

In Italy, salad is often served alongside the main course, allowing the freshness of the vegetables and brightness of the dressing to balance richer dishes. This easy recipe can easily be adapted to whatever seasonal produce you have on hand. It's a simple taste of the Italian table and a reminder that sometimes, the simplest dishes are the most satisfying.



INSTRUCTIONS

1. Prepare the vegetables: place the romaine lettuce, tomatoes, onion, fennel, red pepper, and radicchio in a large salad bowl. Add ½ teaspoon of kosher salt.
2. Make the dressing: in a small bowl, whisk together the olive oil, lemon juice, fresh parsley, salt, and pepper until well combined.
3. Dress the salad: just before serving, drizzle the dressing over the salad. Toss gently until the vegetables and greens are lightly coated.
4. Taste and serve: adjust the salt and pepper to taste. Serve immediately.

Italian tip: keep the dressing light. An **Insalata Mista** should taste fresh and crisp, with the olive oil and lemon complementing rather than overpowering the vegetables. For an extra touch, add a few shavings of pecorino romano cheese or some fresh basil.



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