

# Italian Sub Salad & Dressing



## SALAD INGREDIENTS:

- 6 cups of romaine or iceberg lettuce, finely shredded
- 4 slices of provolone cheese, cut into thin strips
- 10 pepperoni, sliced into strips
- 6 slices deli ham, sliced into strips
- 8 slices Genoa salami sliced into strips
- 1 slice of red onion sliced thin
- 1/2 cup mild pepper rings
- 1/2 cup chopped tomatoes

## CREAMY ITALIAN DRESSING INGREDIENTS:

- 1/4 cup extra virgin olive oil
- 1 Tbsp white wine vinegar
- 2 Tbsp grated Parmesan cheese
- 1/2 tsp Allulose or other keto sweetener
- 1 garlic clove minced
- 1 tsp mayonnaise
- 1 tsp Italian seasoning
- pinch of salt

## METHOD

Chop salad ingredients and mix all together. Divide into equal parts into two salad bowls or plates. Mix dressing ingredients in a small jar and shake. Drizzle half of the dressing on top of each salad and mix in. Serve Immediately.

Serving Size: 2, dressing included Carbs 10g Fiber 3g Protein 29g Fat 53g Calories 641