

**Antipasto Salad with Toasted Flaxseed Dressing****Dressing:**

1	tbsp.	olive oil	15	mL
2	tbsp.	flaxseed	25	mL
2		cloves garlic	2	
2	tbsp.	white wine vinegar	25	mL
2	tbsp.	water	25	mL
2	tbsp.	chopped fresh herbs or 2 tsp. (10 mL) dry*	25	mL
½	tsp.	dry mustard	2	mL
¼	tsp.	salt	1	mL
		ground pepper to taste		

**Salad:**

6	cups	washed, dried, torn and chilled iceberg lettuce	1.5	L
4.5	oz.	can, sliced pitted ripe olives	127	mL
6	oz.	jar, marinated artichoke hearts (drain and reserve liquid)	170	mL
12		mushrooms, halved	12	
12		cherry tomatoes, halved	12	
2	tbsp.	grated Parmesan cheese	25	mL

**Garnish:**

6		hard boiled eggs, peeled, quartered	6	
12		slices salami, cut into ¼ inch (6 mm) strips	12	
6		whole pickled peperoncini peppers (optional)	6	
		red onion or green pepper rings for garnish (optional)		

- In a small saucepan, over medium heat, heat olive oil and flaxseed until seed starts to darken and pop, 1 ½ minutes.
- Add garlic, cook and stir for 30 seconds. Remove from heat.
- In a blender, combine vinegar, water, herbs, dry mustard, salt and pepper, toasted flaxseed mixture and reserved artichoke liquid. Blend until flaxseed is coarse, about 1 minute.
- In a large bowl, toss lettuce, olives, artichoke hearts, mushrooms and tomatoes with salad dressing and Parmesan cheese.
- Divide salad onto 6 chilled plates. Garnish each salad with egg, salami and pickled pepper.  
\*Fresh herbs can be parsley, oregano, basil.

Yield: ½ cup (125 mL) dressing

Serving Size: 6 servings 1 ½ cups (375 mL) per serving

**Single Serving Nutrient Value**

Calories	315	
Protein	14.18	g
Carbohydrate	11.45	g
Fat	23.80	g
Cholesterol	232.4	mg
Saturated Fat	5.801	g
Monounsaturated Fat	9.004	g

Polyunsaturated Fat	2.868	g
Dietary Fibre	4.061	g
Sodium	1212	mg
Potassium	417.4	mg