



# Italian Sub Salad



Italian Sub Salad

## Introduction

Italian Sub Salad is a delightful and refreshing dish that combines all the flavors of a classic Italian sub sandwich into a hearty salad. This recipe not only satisfies your cravings for those rich, savory tastes but also offers a healthier alternative, making it perfect for those looking for a delicious yet nutritious meal. Packed with vibrant vegetables, flavorful meats, and a tangy dressing, this salad is a versatile option for lunch, dinner, or a light snack.

## Detailed Ingredients with measures

Lettuce – 6 cups, chopped  
Cherry tomatoes – 1 cup, halved  
Cucumber – 1, diced  
Red onion – 1/2, thinly sliced  
Bell peppers – 1 cup, diced (any color)  
Salami – 1/2 cup, sliced  
Pepperoni – 1/2 cup, sliced  
Provolone cheese – 1/2 cup, cubed  
Olives – 1/4 cup, sliced  
Italian dressing – 1/2 cup  
Parsley – 1/4 cup, chopped (for garnish)  
Salt and pepper – to taste

## Prep Time

15 minutes

## **Cook Time, Total Time, Yield**

Cook Time: 0 minutes

Total Time: 15 minutes

Yield: Serves 4-6 people





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## Detailed Directions and Instructions

### **Prepare the Salad Base**

Chop romaine lettuce into bite-sized pieces and place them in a large salad bowl.

### **Add the Vegetables**

Dice tomatoes, cucumber, and red onion. Add these chopped vegetables to the bowl with the lettuce.

### **Incorporate the Meats**

Slice salami and ham into strips and add them to the salad mixture.

### **Mix in the Cheese**

Crumble feta cheese and sprinkle it over the salad.

### **Prepare the Dressing**

In a separate bowl, whisk together red wine vinegar, olive oil, Italian seasoning, garlic powder, salt, and pepper until well combined.

See also [Parmesan Crusted Chicken with Creamy Garlic Sauce](#)

### **Combine the Salad and Dressing**

Pour the dressing over the salad and toss thoroughly to ensure all ingredients are coated evenly.

**Serve and Enjoy**

Scoop the salad into individual serving bowls or plates and serve immediately.

**Notes****Storage Instructions**

Store any leftovers in an airtight container in the refrigerator for up to two days.

**Ingredient Substitutions**

Feel free to swap out the meats and cheese for your preferred options, such as turkey or provolone.

**Optional Add-ins**

Consider adding sliced olives, bell peppers, or pepperoncini for additional flavor and texture.

**Serving Suggestions**

This salad pairs well with crusty bread or can be served alongside pasta dishes.





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## Cook techniques

### Chopping

Chop the vegetables evenly to ensure they mix well and provide a balanced flavor in the salad. Use a sharp knife for clean cuts.

### Layering

Layer the ingredients in a bowl or dish, starting with the lettuce and adding other ingredients on top. This helps maintain the freshness of the greens.

### Mixing

Gently toss the salad to combine all the ingredients evenly without bruising the vegetables.

### Seasoning

Season the salad with salt, pepper, and dressing according to taste. Start with a little and adjust as necessary for optimal flavor.

### Chilling

Refrigerate the salad for a short time before serving to enhance the flavors and provide a refreshing cold dish.

## FAQ

### Can I add protein to this salad?

Yes, you can add proteins such as chicken, salami, or chickpeas to make the salad more filling.

**How can I make this salad gluten-free?**

Ensure that the dressings and any added ingredients are certified gluten-free.

See also [Chicken Zucchini Fritters Recipe You'll Love](#)

**Is this salad suitable for meal prep?**

Yes, you can prepare the ingredients in advance and store them separately to maintain freshness, combining them just before serving.

**What variations can I try with this salad?**

You can customize the salad with different vegetables, cheeses, or dressings according to your preferences.

**How long can I store leftovers?**

Leftover salad can be stored in an airtight container in the refrigerator for up to 2 days, but the vegetables may become soggy.



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## Conclusion

The Italian Sub Salad is a vibrant and flavorful dish that captures the essence of a traditional Italian sub in a refreshing salad form. It's an excellent choice for lunch or dinner, providing a satisfying mix of textures and tastes. This salad can be easily customized with various ingredients, ensuring that every bite is delicious and balanced.

## More recipes suggestions and combination

### Caprese Salad

Combine fresh mozzarella, tomatoes, and basil drizzled with balsamic glaze for a classic Italian dish.

### Pasta Salad

Mix cooked pasta with cherry tomatoes, olives, bell peppers, and Italian dressing for a hearty side.

### Greek Salad

Toss together cucumbers, tomatoes, red onion, olives, and feta cheese for a refreshing Mediterranean option.

### Antipasto Platter

Create a platter with various cured meats, cheeses, olives, and marinated vegetables for a tasty appetizer.

### Chickpea Salad

Combine chickpeas with diced cucumber, tomatoes, red onion, and

Italian herbs for a protein-packed vegetarian dish.

### **Grilled Vegetable Salad**

Char-grill seasonal vegetables and toss them with a light vinaigrette for a smoky flavor.

### **Quinoa Salad**

Mix quinoa with roasted vegetables, feta cheese, and lemon dressing for a nutritious meal.

### **Caesar Salad**

Classic romaine lettuce topped with Caesar dressing, croutons, and Parmesan cheese makes a great side dish.

See also Crock Pot Chicken and Gravy



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