



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

ST. LOUIS STYLE ITALIAN SALAD

½ head iceberg lettuce, clean and torn into bite-size pieces

½ head romaine lettuce, clean and torn into bite-size pieces

½ cup sliced red onions

¼ cup roasted red bell pepper strips or diced pimentos

¾ cup grated parmesan cheese

6 ounces (¾ cup) dressing, chilled (recipe follows)

½ cup shredded provol cheese

½ cup shredded mozzarella cheese

DRESSING

6 ounces (¾ cup) regular olive oil

6 tablespoons wine vinegar

1 teaspoon salt

½ teaspoon sugar

¼ teaspoon garlic powder

¼ teaspoon onion powder

¼ teaspoon ground black pepper

1. For dressing: In jar with tight fitting lid, combine all dressing ingredients; cover and shake until well combined. Refrigerate until ready to use. Shake well before using.
2. Place lettuce, red onion, bell pepper strips, and parmesan cheese in large salad bowl; toss to mix.
3. Drizzle dressing over salad and toss well to coat.
4. Top with shredded provol and mozzarella. Serve on chilled plates.

Makes 6 servings.

