

# Preventing Women's Heart Disease Through Education



**CAROL For Heart**

## Chopped Salad with Apple Vinaigrette

Servings: 6; 345grams per serving

1 head romaine, chopped  
8 small, ripe tomatoes, diced  
1 English cucumber, halved lengthwise and sliced  
1 small red onion, thinly sliced  
12 Peppadew peppers, sliced  
½ cup olive cured black olives, sliced  
¼ cup shaved almonds  
1 tablespoon fresh parley  
2 tablespoons apple chutney  
1 clove garlic  
Juice of 1 lemon  
Dash of hot sauce  
Dash of Worcestershire sauce  
4 tablespoons olive oil  
Salt and pepper, optional

- Add first eight ingredients to a large mixing bowl.
- In a small bowl, whisk together the chutney, garlic, lemon, hot sauce and Worcestershire sauce. Slowly whisk oil into apple mixture.
- Season with salt and pepper.
- Add dressing to salad, toss well to combine.
- Adjust seasoning; serve immediately

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*Per Serving: Calories 187; Calories 183; Cholesterol 0mg; Protein 4.3g; Sodium 155mg; Carbohydrate 17.6g; Fiber 5.4g; Total fat 12.2g; Saturated fat 1.6g*

Recipe courtesy of: Denis Chiappa • Carlow Cookery • [www.carlowcookery.com](http://www.carlowcookery.com)

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