

Easy Italian Chopped Salad Recipe with Homemade Oregano Vinaigrette

The Ultimate Italian Chopped Salad: A Flavor-Packed Masterpiece



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10 min

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INGREDIENTS

For the Salad (4 Servings):

Romaine Lettuce: 4 cups, chopped into bite-size pieces.

Salami: $\frac{1}{2}$ cup, thinly sliced or quartered rounds. (Genova or Soppressata work great!)

Cherry Tomatoes: $\frac{1}{2}$ cup, halved.

Marinated Artichoke Hearts: $\frac{1}{2}$ cup, drained and chopped.

Green Olives: $\frac{1}{3}$ cup, pitted and halved (Castelvetrano are my favorite).

Mini Mozzarella Balls: $\frac{1}{3}$ cup (CilieGINE or Pearls).

Provolone Cheese: $\frac{1}{3}$ cup, cubed for that extra sharp bite.

Red Onion: ... cup, finely diced.

Optional Kick: Add roasted red peppers or sliced pepperoncini.

For the Italian Vinaigrette:

Extra-Virgin Olive Oil: 3 tbsp.

Red Wine Vinegar: $\frac{1}{2}$ tbsp.

Dijon Mustard: 1 tsp (this helps emulsify the dressing).

Dried Oregano: 1 tsp.

Garlic Powder: $\frac{1}{2}$ tsp (or 1 small clove, minced).

Seasoning: Salt and freshly cracked black pepper to taste.

Optional: A pinch of red pepper flakes for heat.

DIRECTIONS

- 1.** Whisk the Vinaigrette: In a small glass jar or bowl, combine the olive oil, red wine vinegar, Dijon mustard, oregano, garlic, salt, and pepper. Whisk vigorously (or shake the jar) until the dressing is creamy and fully combined. Taste it! If you like it sharper, add a splash more vinegar.
- 2.** Prep the "Chop": The secret to the best mouthfeel is the prep. Chop your romaine into small squares. Dice your provolone and salami into pieces roughly the size of the cherry tomato halves.
- 3.** Assemble the Base: Place the chopped romaine in a large, wide bowl. Scatter the salami, cheeses, tomatoes, olives, artichoke hearts, and red onions evenly over the top. This ensures a beautiful presentation before tossing.
- 4.** Dress and Toss: Drizzle the vinaigrette over the salad right before you are ready to eat. Use tongs to gently toss the salad so every leaf is glistening, but be careful not to over-mix, as you want the lettuce to stay crisp.
- 5.** Final Flourish: Give it a final taste. I usually add an extra crack of black pepper and sometimes a squeeze of fresh lemon to brighten the fats from the cheese and salami.

SWAPS & NOTES

Vegetarian: Simply omit the salami and add chickpeas or cannellini beans for protein and texture.

Extra Protein: This salad is incredible topped with grilled shrimp or sliced chicken breast.

Vegan: Use a dairy-free mozzarella and omit the provolone.

TIPS FOR SUCCESS

Dry Your Lettuce: Use a salad spinner!

If the romaine is wet, the dressing won't stick, and you'll end up with a watery mess at the bottom of the bowl.

Consistent Sizing: Try to keep the cheese, meat, and veggies all roughly the same size.

This "chopped" style is what makes the salad so satisfying.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-italian-chopped-salad-recipe-with-homemade-oregano-vinaigrette/>