

Seductive Italian Salad

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For the salad:

½ of a Cantaloupe	¾ Cup Roland Oven Roasted Red Peppers, Marinated in Garlic
3 Ounces Prosciutto	4 ounces sliced Fresh Mozzarella
12 Cups Arugula	
12 ounces Marinated Artichoke Hearts	

For the dressing (adapted from the Vitamix cookbook):

5 Tablespoons Red Wine Vinegar	1/8 Teaspoon Pepper
½ Cup Extra Virgin Olive Oil	1 Teaspoon Dijon Mustard
¼ Teaspoon Sugar	1 Garlic Clove
½ Teaspoon Sea Salt	¼ Cup Fresh Chopped Basil

Using a melon baller, scoop out 20 melon spheres from the cantaloupe. You can also simply cut into chunks, they just won't look as pretty. Cut each slice of prosciutto into thirds, and wrap around the cantaloupe. Set aside. Slice the peppers into ¼ inch strips, halve the artichoke hearts if they're big, and slice the mozzarella into bite sized chunks. To assemble the salad, divide the arugula onto four plates, then top with the artichokes, peppers, and mozzarella. Finally, place 5 of the prosciutto wrapped melon balls on top of each salad. Serve with half of the Italian Basil Vinaigrette recipe (below).

Italian Basil Vinaigrette:

Place all dressing ingredients in a blender, and mix on high until well combined.

Nutritional Information per serving:

Calories	434
Total Fat	33.3g
Saturated Fat	7.3g
Cholesterol	54.8mg
Sodium	1229.9mg
Carbohydrates	22.7g
Fiber	5.7g
Sugars	12.2g
Protein	19.3g