
Italian Basil Salad with Crispy Parmesan and Oregano Vinaigrette

Chef Michael Smith's Kitchen (cookbook)

Internet address:



Servings: 4

1. Preheat oven to 350°F (190°C).
2. Lightly oil a baking sheet, then evenly sprinkle on a thin layer of the Parmesan cheese, forming a circle 8 inches (20 cm) or so wide.
3. Bake until golden brown and crispy, about 10 minutes. Set the baking sheet on a rack to cool. Break the cheese into large chunks. (You can crisp the cheese several days in advance and store in an airtight container at room temperature.)
4. Just before serving, in a festive salad bowl, whisk together the oil, vinegar, mustard, honey, and oregano until they form a smooth vinaigrette. Add the greens, tomatoes, basil leaves, parsley leaves, and green onions.
5. Season to your taste with salt and pepper. Toss everything together and top with the crispy Parmesan.

Per Serving (excluding unknown items): 116 Calories; 7g Fat (52.8% calories from fat); 3g Protein; 12g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 76mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.

4 ounces Parmigiano-Reggiano cheese (125 g)
grated

6 ounces baby greens (175 g)

2 cups halved cherry tomatoes (500 mL)

1 cup fresh basil leaves, whole (250 mL)

1 cup Italian parsley, leaves and tender stems
(250mL)

2 whole green onions, thinly sliced

A sprinkle or two of salt and lots of freshly
ground pepper

DRESSING:

2 tablespoons extra virgin olive oil (30 mL)

1 tablespoon red wine vinegar (15 mL)

1 tablespoon Dijon mustard (15 mL)

1 tablespoon honey (15 mL)

1 teaspoon dried oregano (5 mL)

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