

HAM & CHEESE SALAD

Time: 20 minutes

Serves: 4

Ingredients:

- 1 large onion – very finely sliced
- 1 tablespoon coarse Dijon mustard
- 2 teaspoons white wine vinegar
- ½ clove garlic – very finely chopped or crushed
- ¼ teaspoon kosher salt
- ¼ teaspoon fresh ground black pepper
- 4 tablespoons extra-virgin olive oil
- ½ cup parsley leaves – chopped
- 10 ounces lean ham – cut into matchsticks
- 3 ounces gruyere cheese – cut into matchsticks

Preparation:

Place the sliced onion into a bowl of cold water.

In a bowl large enough to toss the salad, mix together the Dijon, vinegar, garlic, salt and pepper. Slowly whisk the olive oil into this mixture.

Drain the onion well and add it to the bowl along with the remaining ingredients. Toss the salad until everything is evenly dispersed and coated with the dressing. Serve immediately.

Nutritional Information Per Serving:

Calories: 341
Fat: 26g
Carbs: 4g
Fibre: 0.5g
Protein: 22g