



## **“Italian Cuisine!”**

### **Spicy Italian Salad**

1/2 cup canola oil  
1/3 cup tarragon vinegar  
1 tbsp sugar  
1 tsp chopped fresh thyme  
1/2 tsp dry mustard  
2 cloves garlic, minced  
1 8 oz can artichoke hearts, drained and quartered  
5 cups romaine lettuce, rinsed, dried, chopped  
1 red bell pepper, cut into strips  
1 carrot, grated  
1 red onion, thinly sliced  
1/4 cup black olives  
1/4 pitted green olives  
1/2 cucumber, sliced  
2 tbsp grated Romano cheese  
salt and pepper, to taste  
hot red pepper flakes, to taste

1. Mix oil, vinegar, sugar, thyme, dry mustard, and garlic in a medium container with a lid.
2. Cover and shake until well blended.
3. Place artichoke hearts in mixture, cover and marinate.
4. Toss with rest of ingredients and season to taste.

\*Serve with your favorite pasta and crusty, fresh bread!

thegrillsergeants@pentagonchannel.mil