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## Organic Antipasto Salad

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By

Pure Flavor and Heather Englund

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Prepare to be **WOWed** over this bright and colorful **Organic Antipasto Salad!**



Think of a delicious antipasto platter but made even better into a veggie-loaded salad. That is just what [Heather from Fit Mama Real Food](#) has created with this incredible [Organic Antipasto Salad](#). Topped with a creamy Italian dressing, this salad is a complete meal, requires no cooking, and can be on the table in 10 minutes! What busy family doesn't love the sound of that?

With charcuterie boards being super trendy right now, it's no wonder that Heather found a clever way to turn one into a salad so her family gets more healthy veggies in their diet. Antipasto is an Italian word that means "before the meal" – like an appetizer. Traditionally, it's the first course in an Italian meal that consists of savory meats and cheeses, with various types of pickled veggies.

For this recipe, Heather takes the components of an antipasto tray and combines them to make a wonderfully flavorful salad. The best part of this salad is that it's so flexible – you can mix and match the toppings to suit your taste! Heather has made her salad dairy-free, but you can add mozzarella, Havarti, provolone, or whatever your favorite cheese is.

She uses one of her favorite vegetables for her salad: [Organic Juno® Bites Red Grape Tomatoes](#). These tomatoes are super juicy and delicious! They're [USDA Certified](#).



[Organic](#) and grown in a high-tech greenhouse, so you get the same quality and availability all year. You can also add in other delicious organic veggies like [Organic Mini Cucumbers](#) or [Organic Aurora Bites Mini Sweet Peppers](#) to make this salad even more colorful! The same goes for the greens that you use. She opted to use a spring greens mix, but feel free to substitute with your favorite greens.

Once you have all your ingredients sliced up and ready to go, simply combine them in a large salad bowl. Then, put the dressing ingredients into a bowl or a jar and either whisk them together or shake them up. After drizzling the dressing all over the salad, toss it well to combine all the ingredients so they're evenly coated.

All the flavors and the perfect mix of sweet and savory are tossed together. It will quickly become a family favorite because it's quick and easy for parents to put together, and the whole family will love the flavor combinations. Perfect for lunch or dinner, this salad has so many great nutrients and benefits. Plus, for those who are on a low-carb diet, this is a great go-to meal salad to help stay on track.

This salad can be made ahead of time and stored in an airtight container in the fridge for up to 5 days. Just leave the dressing off until you're ready to eat. That makes it a great meal prep option for

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busy families.

For the full recipe, you can find it [here](#).

*This article is brought to you by [Pure Flavor®](#) and [Heather Englund](#).*

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