

Ingredients

Cooking
is
Bliss!



The Grinder Salad

Dressing

- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 1/4 cup feta, grated
- 1/4 cup parmesan
- 2 tbsp red wine vinegar
- 2 tbsp olive oil
- 1 tsp parsley
- 2 tsp Italian seasoning
- 1 lemon
- 1/4 tsp salt
- 1/2 tsp black pepper

Salad

- 1 head of iceberg lettuce, shredded (or romaine)
- 1/2 c grape tomatoes sliced in half
- 1/2 cup cucumbers, diced
- 1/4 red onion, thinly sliced
- 4 slices of deli ham
- 4 slices salami
- 4 slices provolone cheese
- 1/4 cup pepperoncini
- 1/4 cup mini red & yellow bell peppers sliced into rings
- 3-4 tbsp. fresh parsley leaves

“A grinder? What is that?!” If you're in Virginia, you know that this is simply a sandwich that's made with a long roll & traditionally filled with meats, veggies, & cheese of your choice, just like a sub or a hoagie. This one has lettuce, tomato, salami, ham, cucumbers, tomatoes, pepperoncini, bell peppers, & provolone. It's drizzled with this amazing homemade dressing that brings this dish all the way home!

Today we left out the bread & served it up as a salad. This seems so simple but it's so delicious!



1. In a medium bowl, mix all ingredients for the dressing & mix until thoroughly combined.
2. Arrange salad ingredients in a bowl, pour salad dressing over the top, & toss it all together.

