



Down Syndrome Achievement Centers
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GiGi's Kitchen
Purposeful Programs
Portillo's Chopped Salad

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Ingredients

- 4 cups cooked Ditalini pasta
- 1 cup cooked and crumbled bacon
- 3 cups chopped romaine lettuce
- 3 cups chopped iceberg lettuce
- 2 ½ cups chopped red cabbage
- 2 fresh tomatoes, seeded and diced
- 1 cup sliced green onions
- 4 ounces crumbled gorgonzola cheese (about 1 cup)
(I substitute a mix of cheddar and mozzarella)
- Optional 2 cups cooked and diced chicken

Sweet Italian Dressing

- ¼ cup white balsamic vinegar
- 2 cloves garlic, peeled and minced
- 1 tsp sugar
- ½ tsp dried oregano
- ¼ tsp salt
- ¼ tsp ground pepper
- ½ cup olive oil





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Instructions

1. Cook Ditalini pasta according to package instructions. Make sure you salt the pasta water while cooking to give it some flavor. Drain and cool. Set aside.
2. Chop the romaine, iceberg, red cabbage, tomatoes, and green onions. Combine in a large bowl.
3. Add bacon, cheese, and chicken to the salad.
4. To make the dressing
 - Place vinegar, garlic, sugar, oregano, salt, and pepper in a blender.
 - While the machine is running, slowly drizzle the olive oil through the blender top or feed tube until dressing is combined.
 - You can also just whisk it in a bowl
 - Store in an airtight container in refrigerator for up to two weeks.
5. Add dressing to taste right before you are going to eat it.

Recipe Tips:

If you make the dressing ahead of time and add a bit to the cooled pasta and let it soak up in the fridge for some time, it adds a whole lot of flavor.