

## Sandwiches

---

# Italian Salad-wich

Tracey Seaman

Every Day with Rachael Ray Magazine - May 2012

**Servings: 1**

**1 large slice sourdough bread**  
**2 1/2 tablespoons "Walnut-Parsley Pesto" (see recipe)**  
**few slices prosciutto**  
**baby arugula**  
**sliced radicchio**  
**sliced Belgian endive**  
**few thin slices red pear**  
**Parmesan cheese shavings**  
**chopped walnuts**  
**walnut oil OR extra-virgin olive oil**  
**salt and pepper**

Toast the sourdough bread.

Spread with the Walnut-Parsley Pesto.

Top with a few slices of the prosciutto.

Pile on some baby arugula, sliced radicchio, endive, and red pear.

Finish with some shavings of the Parmesan, a sprinkling of walnuts and a drizzle of the walnut oil.

Season with salt and pepper.

---

Per Serving (excluding unknown items): 69 Calories; 1g Fat (10.0% calories from fat); 2g Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 152mg Sodium. Exchanges: 1 Grain(Starch); 0 Fat.