

Grilled Vegetable Salad with Balsamic Dressing (Serves 3)

Ingredients (Use organic where possible)

1/2 bunch asparagus, trimmed and cut into bite-size pieces
1 pint cherry tomatoes
1 medium red onion, cut into 1/2-inch rings
1 yellow bell pepper, quartered, seeds and ribs removed
1 red bell pepper, quartered, seeds and ribs removed
1/4 cup extra-virgin olive oil, for brushing
Himalayan salt
fresh ground black pepper
1/4 cup fresh basil leaves
1/4 pound feta cheese



Dressing:

1 medium clove garlic, chopped
1 tablespoon balsamic vinegar
3 tablespoons extra-virgin olive oil
Himalayan salt
fresh ground black pepper

Directions

Preheat grill to medium.

In a large bowl, toss the vegetables with olive oil and season with salt and pepper. Grill the vegetables, turning occasionally, until charred and tender, about 5 to 7 minutes. Remove to a platter. Sprinkle with basil and feta.

In a small bowl, mix garlic, balsamic vinegar, and olive oil. Season with salt and pepper then drizzle over vegetables.

Bon Appétit!