

Grilled Summer Vegetable Salad



Serves 8

Ingredients:

Salad:

- 1 medium eggplant
- 2 medium zucchini
- 2 small or one medium summer squash
- 1 whole red onion
- 1 bunch asparagus
- 1 red pepper
- $\frac{1}{4}$ cup olive oil, for grilling

- 2 pounds mixed small tomatoes (e.g., cherry or grape)
- $\frac{1}{4}$ cup basil leaves, cut into a thin chiffonade
- 4 ounces feta, Gorgonzola or blue cheese, crumbled

Dressing:

- $\frac{1}{4}$ cup olive oil
- Zest of half a lemon
- Juice from one lemon (approximately $\frac{1}{4}$ cup)
- $\frac{1}{2}$ cup vinegar
- $\frac{1}{4}$ cup low-carb sweetener
- $\frac{1}{2}$ teaspoon salt
- A few grinds of fresh black pepper

Instructions:

1. Heat grill to the hottest temperature.
2. Cut ends from veggies and slice them length-wise. You can remove skin from eggplant if you like.
3. Cut the top off the red onion but leave the root attached. Cut it in quarters, leaving root attached to each quarter. This will help keep it together while grilling.
4. Cut the tough ends off the asparagus and place spears.
5. Brush all vegetables except tomatoes on all sides with oil.
6. Once the vegetables are brushed with oil, lay them all out on your grill. As each side chars, turn and grill the other side. Vegetables will vary in required cook time.
7. Once grilled, cut each vegetable into bite-sized pieces and place in a large bowl.
8. Cut all the tomatoes in half and add to the bowl.
9. Make the dressing by combining all ingredients and add to bowl along with the fresh basil. Toss until combined. Top with the cheese and serve.

Nutrition per serving: Calories 243; Total Fat 17.2 g; Saturated Fat 4.1 g; Monounsaturated Fat 10.6 g; Polyunsaturated Fat 1.8 g; Total Carbohydrates 19.1 g; Dietary Fiber 5.5 g; Sugar Alcohols 0.3 g; Sugars 12.9 g; Protein 5.8 g; Sodium 295 mg