

Grilled Vegetable Salad with Feta and Mint

Author: Ellie Krieger, Food Network



Servings: 4

1 whole red bell pepper, cored and cut into 4 pieces

1 pound eggplant, cut across into 1/4-inch rounds

1 medium onion, cut into 1/4-inch slices

8 ounces zucchini, cut lengthwise into 1/4-inch slices

Olive oil cooking spray

5 tablespoons extra-virgin olive oil

2 tablespoons red wine vinegar

1/2 teaspoon dried oregano

Salt and freshly ground black pepper

1 cup tomatoes, grape type, halved

1/4 cup chopped fresh mint

1/2 cup crumbled feta cheese

Per Serving (excluding unknown items): 262
Calories; 21g Fat (69.9% calories from fat); 5g
Protein; 15g Carbohydrate; 5g Dietary Fiber;
17mg Cholesterol; 221mg Sodium. Exchanges: 0
Grain(Starch); 1/2 Lean Meat; 2 1/2 Vegetable;
4 Fat; 0 Other Carbohydrates.

Source: From my friend Linda T

An Ellie Krieger recipe from the Food Network

You can easily double this. I don't think it needs as much dressing as indicated. You can make this a few hours ahead and leave out at room temp. Just drizzle the dressing on at the last and garnish with the Feta cheese.

From Carolyn T's Food Blog, Tasting Spoons: <http://tastingspoons.com>

1. Arrange the vegetables in a single layer on a tray or work surface. Lightly spray both sides with olive oil cooking spray.
2. Preheat a grill or grill pan over a medium-high heat.
3. Grill the vegetables in batches until both sides are nicely charred and the vegetables are just tender, about 10 minutes for the pepper, about 8 minutes for the eggplant and onion, and about 6 minutes for the zucchini. When the vegetables are cool enough to handle, cut into 1/2-inch pieces and transfer to a large bowl.
4. In a small bowl, whisk together the olive oil, vinegar and oregano. Pour over the vegetables and toss. Season, to taste, with salt and pepper. Gently stir in the tomatoes and mint. Divide the salad between 4 plates and sprinkle with the feta.