

# RECIPE

## Grilled Salad with Garlic Dressing

Serve this salad, made with fresh locally grown vegetables, with steak for a flavorful summer supper.

### Garlic Dressing:

- 3 to 4 cloves garlic, finely minced
- 2 tbsp (25 mL) red wine vinegar
- 2 tbsp (25 mL) vegetable oil
- 1 tbsp (15 mL) chopped parsley
- 2 tsp (10 mL) chopped thyme or 1/2 tsp (2 mL) dried thyme/fresh oregano or 1/2 tsp (2 mL) dried oregano
- Salt and pepper

### Salad:

- 2 small Ontario Eggplants or 1 medium, 1/2 lb (250 g) total Salt
- 3 Sweet Ontario Peppers (red, green or yellow or combination)
- 1 red Ontario Onion
- 1/4 cup (50 mL) vegetable oil
- 2 small Ontario Zucchini, 1/2 lb (250 g) total
- 4 large Ontario Mushrooms
- Ontario Escarole or Leaf Lettuce

**Garlic Dressing:** In small bowl, whisk together garlic, vinegar, oil, parsley, thyme, oregano, and salt and pepper to taste. Set aside at least 30 min.; dressing can be made the day before, covered and refrigerated.

**Salad:** Peel eggplants and cut in half horizontally; place in sieve and sprinkle cut side with salt. Drain 30 min. (if using medium eggplant, cut four slices horizontally)

Place peppers 4 to 6 in. (5 to 10 cm) from medium hot coals. Grill, turning often until charred all over, 15 to 20 min. Place in covered saucepan or paper bag 10 min.

Remove outer skin from onion, leaving root and stem ends intact. Cut in half crosswise. Brush with oil. Grill 15 to 20 min., or until lightly charred, turning twice. Remove charred skin and cut each half into quarters.

Meanwhile, cut zucchini in half horizontally. Rinse eggplant under cold running water and dry well. Brush zucchini, eggplant and mushrooms with oil. Grill zucchini until golden brown (about 5 min. per side). Grill eggplant and mushrooms about 3 to 5 min., turning mushrooms often. Quarter mushrooms.

Peel, seed and cut peppers lengthwise into 6 or 8 stripes.

Whisk any remaining oil into Garlic Dressing and pour over vegetables. Serve immediately, or make ahead and marinate in refrigerator several hours. Arrange vegetables attractively on lettuce-lined platter. Serves 4

Preparation Time: 20 min.

Cooking Time: 20 min.

Standing Time: 30 min.

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