

SUMMER VEGETABLE SALAD WITH BALSAMIC DRIZZLE/GOAT CHEESE CROUTON

Ingredients

VEGETABLES

1 bundle green asparagus
1 medium red pepper
12 baby carrots (3 per plate)
1 medium red onion

DRIZZLE

1 cup balsamic vinegar
½ cup brown sugar

GOAT CHEESE CROUTON

1 round pita bread/
naan bread
4 tbsp goat cheese

4 cups lettuce mix

Preparation

1. Wash all your vegetables and peel your onion.
2. Cut a thin slice off the bottom of the onion to set it level. On your cutting board, slice in about ¼ inch slices. Cut the heel of the asparagus, cut the pepper in half and take the seeds out, then cut in spears, leave the baby carrots whole, slice your zucchini lengthwise ¼ inch thick.
3. Toss all your vegetables in some oil with a pinch of salt and pepper. Set aside as they are ready for the grill.
4. For the drizzle, put the vinegar and brown sugar in a pot and reduce (boil down) till about a ¼ of the original amount is left, set aside (do not cool as it will become too stiff).
5. For the goat cheese crouton smear a nice even layer of the goat cheese on the flat bread of your choice and set aside.
6. Layer the vegetables on your grill and let them cook until al dente (still want to have a bite to it). Once cooked, cool and keep in the fridge until plate up time.
7. Put your goat cheese bread with the cheese side up on the grill and cook until crispy on the bottom. Take off the grill and cut into 4 wedges.
8. For plate up, set out 4 plates and begin by putting some lettuce in the middle of the plates, then add your vegetables on top of the lettuce. Let colors and shapes play off each other finish with dressing and goat cheese.