



Grilled Vegetable Salad*

Serving: 1

Veg

Ingredients

- -1/4 cup cabbage, sliced 1/4 inch thick
- -1/2 small zucchini , sliced 1/4 inch thick
- -1 red bell pepper , cut into 1/2 inch strips
- - 3-4 small cauliflower florets
- -5 pieces french beans
- -1 tsp virgin olive oil
- -1/2 garlic clove (optional)
- -salt and pepper to taste
- -1/2 tsp oregano
- -5 almond - cut into small pieces (optional)

Preparation Method

- -Preheat grill to medium
- -Lay sliced vegetable on grill and cook until tender , slightly charred on edges , about 3 to 4 minutes per side
- -Salt the cabbage slices for 15 minutes beforehand to aid cooking
- -Remove Vegetable and let cool for 5 minutes , chop into small pieces and transfer to bowl
- -Add olive oil , garlic , salt , pepper and oregano toss to coat
- - serve