



Chopped Grilled Summer Salad

Makes 6 servings

Good nutrition is important to dental health. These quick and nutritious recipes are just what your mouth is looking for.

Ingredients

One 10.5-ounce container grape tomatoes
 2 small zucchini, sliced longwise into 1/2-inch pieces
 1 red bell pepper, ribs removed, sliced into quarters
 1 yellow bell pepper, ribs removed, sliced into quarters
 1/2 medium red onion, sliced
 1/4 cup olive oil, plus more for drizzling
 Kosher salt and freshly ground black pepper
 3 handfuls arugula
 1/4 cup roughly chopped fresh basil leaves
 1 tablespoon balsamic vinegar



Instructions

Heat a grill or grill pan on medium-high heat. Add the tomatoes, zucchini, red and yellow bell peppers and onions to a large rimmed baking sheet and drizzle liberally with the olive oil. Sprinkle evenly with salt and pepper, tossing to coat all the veggies in the oil. Place in a grill basket and grill until tender and lightly charred, about 5 minutes per side. If using an indoor grill pan, you will need to grill in two batches to avoid overcrowding the pan and steaming the veggies. Remove the charred vegetables to a cutting board and rest until cool enough to handle. Chop into bite-size pieces. Add the chopped vegetables, arugula and basil to a large bowl. Drizzle with the balsamic vinegar and a small amount of olive oil, season with some salt and pepper, and toss it all together.

Nutrition Facts

One serving: Calories 113; Total Fat 9 g; Saturated Fat 1 g; Protein 2 g;
 Total Carbohydrate 7 g; Sugar 4 g; Fiber 2 g; Cholesterol 0 mg; Sodium 105 mg

Recipe Courtesy of Food Network Kitchens



BlueCross BlueShield of South Carolina and
 BlueChoice® HealthPlan of South Carolina