‘THE’ Vegetable Salad
Lunch or Dinner • Serves 6–8

Part of the Heart-Healthy Recipe Series

Ingredients
1/4 cup extra-virgin olive oil
1/4 cup slivered almonds
3 onions, peeled and thinly sliced
1 yellow bell pepper
2 cups fresh or frozen peas
1/2 lb. green beans
1 bunch Romaine, washed and chopped
1 head baby Bibb lettuce, washed and torn into pieces
Leaves from 1 bunch celery
3 small stalks celery, trimmed and finely chopped
1 cup coarsely chopped fresh basil leaves
1 cup coarsely chopped fresh parsley
4 green onions, white parts only, finely chopped
Juice of 1 lemon
Salt and freshly ground black pepper

Directions
1. Heat a small amount of the oil in a small skillet over medium heat. Add shallots and cook, stirring occasionally, until golden, about 15 minutes. Drain on paper towels and set aside.
2. Meanwhile, char pepper over a flame or under a broiler, turning to blacken all over. Place in a paper bag, close, and steam 15 minutes. Rub off skin, cut in half, remove core and seeds, and dice. Set aside.
3. Bring a medium pot of salted water to a boil. Add peas and green beans, reduce heat to medium-low, and cook briefly so that both peas and beans retain a little crunch, about 4 minutes. Drain in colander and stop the cooking by running under cold water. Pat dry.
4. Combine almonds, shallots, pepper, peas, beans, Romaine, Bibb lettuce, celery leaves, celery, fennel, basil, parsley, and scallions in a large salad bowl. Mix together lemon juice and remaining oil in a small mixing bowl and drizzle over salad. Toss well and season to taste with salt and pepper.

Nutrition Facts - Makes 6, 2 cup servings
Calories 199 • Protein 7g • Total Carbohydrate 19g • Total Fat 21g • Saturated Fat 1.5g
Cholesterol 0mg • Sodium 52mg • Sugar 7g • Dietary Fiber 9g

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