

NUTS & BOLTS RECIPE

SUMMER SALAD

This is a great accompaniment to just about any meal. Especially good with grilled fish or smoked boston butts. It's a cool dish that has all the crunch of fresh summer vegetables, but you can make it just about any time of year. Be sure to get the freshest veggies you can find. And it's a healthy dish too.

Prep time: 20 minutes

Serves: 6 to 8

INGREDIENTS:

Virtually whatever summer garden vegetables you like, but here's my preferences.

A handful each of:	Green beans – slim variety, cut ends off Snow peas – ends snipped off Asparagus – slender stalks
1 – medium size jar	Artichoke hearts – chop into bite size pieces
½ can	Hearts of palm - cut into round slivers
1 – small can	water chestnuts – sliced
2 – large	Yellow squash
2 – large	Zucchini squash
1 -	Red bell pepper
1 – large jar	Roasted red sweet peppers – cut into small pieces
1 – small jar	Diced pimentos
1 – medium package	Fresh button mushrooms
¼ cup	Chopped fresh parsley
2 tsp	Oregano
2 tsp	Chopped fresh dill
1 TBLSP	Chopped fresh rosemary
1 tsp	Kosher salt
1 tsp	Fresh ground black pepper
(BLEND THESE SPICES TOGETHER FOR SPRINKLING)	
1 – bottle	Zesty Italian dressing

Rinse the fresh veggies.

Slice the squashes in ¼” to ½ “ thick slices. Slice the red bell pepper into long slender juliennes. Cut the mushrooms into quarters.

Blanch the green beans, snow peas, asparagus, and squashes for about 45 seconds, then shock to stop cooking in an ice bath. Remove from ice bath onto paper towels.

Begin layering the veggies in a long glass dish. Adding in the other items as you go. Sprinkle a little bit of the spice mixture as you go. Once everything is layered, pour over the Italian dressing, mix gently to coat well, then refrigerate for about an hour. This is similar to a pasta salad, in that it gets better the second day. Serve cool. Enjoy.