

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Warm Mediterranean Salad

Ingredients

400g pumpkin, peeled and cut into cubes
2 medium zucchinis quartered lengthways
1-2 small red capsicum, sliced
1-2 small yellow capsicum, sliced
5 green shallots roughly sliced
1/2 tsp salt
150g feta cheese
2 tablespoons of pine nuts, dry roasted in a frying pan for 5 mins

Dressing

1/2 cup olive oil
2 tbs white wine vinegar
2 cloves of crushed garlic
1 tbs of Macadamia Pesto (see Good To Eat recipe in salads and sides tab)

Method

This delicious, rustic warm salad could be a side or a meal in itself. Throw in whatever you may have in the fridge e.g. tomatoes, mushrooms, olives. Be creative! xoxo

1. Place the pumpkin, zucchinis, capsicums and shallots into a baking tray.
2. Mix the olive oil, white wine vinegar, garlic and pesto together to make the dressing.
3. Cover the vegetables with 2/3 of the dressing and use your hands to make sure vegetables are covered in the dressing. Sprinkle with the salt.
4. Cook in a preheated oven until vegetables tender (approx 30 mins)
5. Dress with the remainder of the dressing and sprinkle over the pine nuts and feta.

Preparation Time: 15 minutes

Cooking Time: 30-40 minutes

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Serves: 4



For more recipes and information on living the low carbohydrate lifestyle find us at:

www.goodtoeat.com.au