

# 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:

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