



2210 HAINES AVENUE, RAPID CITY

SOUTH DAKOTA 57701

605.341.5044

Grilled Harvest Salad

serves about 4

Celebrate the smoky, charred flavors of grilled vegetables by pairing them with fresh, leafy spinach and ripe grape tomatoes. Grilled corn, red pepper, and fresh mint give both sweetness and brightness to this salad. Earthy zucchini and summer squash pair well with the tangy feta to ensure fullness and a blissful salad experience with each bite.

Salad Ingredients:

2 ears corn
1 red pepper
1 zucchini, cut into 1/2" thick slices
1 summer squash, cut into 1/2" thick slices
3 tablespoons of olive oil for grilling vegetables
Kosher salt and pepper to sprinkle on grilled vegetables
8 ounces spinach leaves, stems removed
1/2 red onion, thinly sliced
8 ounces grape tomatoes, halved
4 oz. feta cheese, crumbled
6 fresh mint leaves, chiffonade cut for garnish

Lemon Vinaigrette:

Makes about 1/4 cup:
3 tablespoons extra virgin olive oil
1 tablespoon red wine vinegar
2 tablespoons fresh squeezed lemon juice
1 teaspoon honey
1/8 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
1/4 teaspoon oregano
1/4 teaspoon dried mint

Directions:

1. Grill the vegetables: Prepare the corn by removing the stalks and silk. Brush with olive oil and sprinkle with kosher salt and pepper. Grill over direct heat for 15-20 minutes, turning often until the corn turns a bright yellow, with some char marks. Cut the red pepper in half, remove inner seeds and ribs, and then brush with olive oil and sprinkle with kosher salt and pepper. Grill over direct heat for 2-4 minutes per side. Cut the zucchini and summer squash into 1/2" thick slices, brush with olive oil and sprinkle with kosher salt and pepper, and grill over direct heat for 3-4 minutes per side.

2. Whisk together the vinaigrette until well-combined.

3. Toss the spinach, red onion, and grape tomatoes with the vinaigrette until well-coated. Divide into bowls or plates and top with the grilled vegetables and crumbled feta cheese. Garnish with the fresh mint chiffonade.