

# The Art of Cuisine



## Grilled Vegetable, Arugula, and Yellow Tomato Salad

This colorful salad acquires sweet notes from the red bell peppers, Vidalia onions, and balsamic-honey vinaigrette. Use spinach or gourmet mixed salad greens in place of arugula, if you prefer.

**Yield:** 6 servings (serving size: 1 2/3 cups)

### Ingredients

- 2 large red bell peppers (about 12 ounces)
- Cooking spray
- 1 large Vidalia or other sweet onion, cut into (1/4-inch-thick) slices (about 10 ounces)
- 6 cups loosely packed trimmed arugula (about 10 ounces)
- 3 yellow tomatoes, each cut into 8 wedges (about 12 ounces)
- 2 tablespoons finely chopped shallots
- 2 tablespoons white balsamic vinegar
- 1 tablespoon extra virgin olive oil
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

### Preparation

Prepare grill. Cut bell peppers in half lengthwise; discard seeds and membranes. Place bell pepper halves, skin sides down, on grill rack coated with cooking spray. Grill 5 minutes on each side or until blackened. Place in a zip-top plastic bag; seal. Let stand 10 minutes. Peel and cut bell peppers into strips. Place onion on grill; grill 7 minutes on each side or until tender. Cool 5 minutes; cut onion slices in half. Combine bell peppers, onion, arugula, and tomatoes in a large bowl; toss gently to combine. Combine shallots and the remaining ingredients, stirring with a whisk. Drizzle dressing over salad; toss gently to coat. Serve immediately.

### Nutritional Information

Calories: 88 (28% from fat)  
Fat: 2.7g (sat 0.4g,  
mono 1.7g,  
poly 0.5g)  
Protein: 2.2g  
Carbohydrate: 15.8g  
Fiber: 2.5g  
Cholesterol: 0.0mg  
Iron: 1mg  
Sodium: 230mg  
Calcium: 55mg

[www.CookingLight.com](http://www.CookingLight.com)

[www.TheArtofCuisine.com](http://www.TheArtofCuisine.com)

Email: [artofcuisine1@yahoo.com](mailto:artofcuisine1@yahoo.com)

(916) 934-9230

*Sign up to become a VIP Member with The Art of Cuisine!*

*When you sign up, you will receive The Art of Cuisine's newsletter, entitling you to free, EXCLUSIVE recipes only for VIP Members. In addition to recipes, VIP Members will have access to FREE cooking videos, FREE e-books, FREE health and cooking tips, and much more.... [Sign up Today!](#)*