

[Stella Cadente](#)

Italian Broiled Spring Vegetable Salad

Posted by Administrator on March 19, 2012 in [Salads](#)

Serves 4

- 1 bunch asparagus
- 6 small baby carrots, peeled
- 2 c Lloccoli florets
- 1 large red bell pepper
- 1 Tbsp Stella Cadente L'Autunno Blend Extra Virgin Olive Oil
- ¼ c walnuts
- 1 clove garlic, peeled
- ½ c Italian parsley, washed & stemmed
- 1 Tbsp balsamic vinegar
- ¼ c nonfat plain yogurt
- 1 Tbsp Stella Cadente L'Autunno Blend Extra Virgin Olive Oil
- 1 small head of romaine lettuce, washed, dried, and torn
- 2 oz. Parmesan cheese, shaved with a peeler or shredded

Preheat broiler. Prep vegetables. Trim asparagus, discarding woody base and cutting spears in 4-inch lengths. Cut the baby carrots in long quarters, cut the broccoli into bite size pieces, and slice the pepper in half-inch wide vertical strips.

Put all the vegetables on a sheet pan with a rim, and toss with 1 Tbsp of Stella Cadente L'Autunno Blend extra virgin olive oil. Broil the vegetables 6 inches from the heat, stirring every couple of minutes. When the vegetables are browned all over, in about 6 minutes, remove from the oven and let cool.

In a food processor, grind the walnuts, garlic, and parsley. When finely ground, scrape down, adding the vinegar, yogurt, and salt to process. Scrape down again and - adding the L'Autunno Blend extra virgin olive oil gradually - process to salad dressing consistency.

Arrange lettuce leaves on a large platter or individual plates. Toss the cooled vegetables with the dressing, arrange on the lettuce, and top with the shaved Parmesan.

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Stella Cadente Olive Oil P.O. Box 37
Palermo California 95968
Tel:800-305-1288
Fax:707-961-6001
stella cadente@pacific.net

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