

Grilled Tomato Salad

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Yield: 8 Servings

Prep Time: 20 minutes

Total Time: 40 minutes

This grilled vegetarian dish is a great template for a light summer meal. Don't worry if you can't find the right vegetables: Use whatever is fresh and in season and you can't go wrong.

Ingredients:

- 6 Heirloom tomatoes, select a few colours
- 1 pack Sweet Rainbow Peppers
- 1lb Delight Cocktail Tomatoes
- 1 bunch asparagus
- 6 small carrots
- 4 baby zucchini
- 4 large radishes
- 1 package mixed baby lettuce
- 2 blocks extra-firm tofu

Dressing

- 1/4 cup apple cider vinegar
- 2 tablespoons mirin
- 1 1/2 tablespoons sesame oil
- 1 teaspoon soy sauce
- 1 teaspoon gochugaru (Korean red pepper flakes)
- 1 garlic clove minced
- finely grated Kosher salt Pepper

Directions:

1. Select a large serving platter for this recipe.
2. Wash, prep and cut all vegetables. Slice Heirloom tomatoes into 1/4" slices, Peppers cut into 8 sections, cut cocktail tomatoes in half, trim asparagus, cut carrots and zucchini in half lengthwise 1/4" thick and shave radishes.
3. Place asparagus, carrots, zucchini, peppers and cocktail tomatoes in a bowl, drizzle with oil, salt and pepper then toss lightly. Place seasoned vegetables on grill then grill until the vegetables are lightly charred and tender crisp. Transfer to baking sheet.
4. Cut tofu into 1/2" cubes, pat dry with paper towels then place in a bowl and lightly toss with oil and season with salt and pepper then set on grill. Grill tofu until lightly charred, about 1 minute per side then transfer to a serving platter.
5. Arrange the tomatoes, radishes, spinach and baby lettuces on a large platter. Top with the tofu and grilled vegetables and drizzle with the dressing.
6. In a small bowl, whisk together cider vinegar, mirin, sesame oil, soy sauce, gochugaru, garlic then season with salt and set aside for flavours to blend.
7. Garnish with pea shoots, sesame seeds and serve immediately.

HEIRLOOM
TOMATOES

DELIGHTS
HEIRLOOM WITH FLAVOR

SWEET
RAINBOW
PEPPERS

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Nutrition Facts: Serving Size: 1, Calories 210, Total Fat 9g (12% Daily Value), Saturated Fat 1.4g (7% Daily Value), Cholesterol 0mg (0% Daily Value), Sodium 137mg (6% Daily Value), Carbohydrate 20.6g (7% Daily Value), Dietary Fiber 5.7g (20% Daily Value), Sugars 10.9g, Protein 12.4g