

Grilled Vegetable and Arugula Salad with Goat Cheese Crostini

This recipe from Curtis Stone's book, "What's for Dinner" has loads of flavor going on. The sweet acidic tomato that intensifies on the grill, the soft and creamy avocado, the grassy asparagus and earthiness of the charred zucchini. Top it all off with a goat cheese crostini...and well, you have a whole meal!

Dijon Vinaigrette					
2				2	medium tomatoes halved lengthwise
1/4 cup	olive oil			2	plum tomatoes, halved lengthwise
3 Tablespoons	white wine vinegar			2	zucchini, halved lengthwise
2 Tablespoons	finely chopped shallots			1 pound	thin asparagus, woody stems trimmed
1 1/2 Tablespoons	Dijon mustard			1	baguette, cut into 1/4" thick slices
1 pinch	Kosher salt and freshly ground pepper			4 ounces	goat cheese, at room temperature
				2 Tablespoons	olive oil for brushing
Salad and Crostini				5 ounces	baby arugula leaves
2	avocados, firm but ripe, pitted and quartered, but not peeled				

- 1 Prepare an outdoor grill for medium-high cooking over direct heat.
- 2 Make the vinaigrette: In a salad dressing shaker or small bowl, combine olive oil, vinegar, shallots and mustard. Season to taste with salt and pepper. Set aside.
- 3 Prepare avocados, tomatoes, zucchini and asparagus. Place in a bowl and drizzle with olive oil to coat lightly. Season with salt and pepper. Place cut sides of vegetables facing the grill and cook until they are slightly charred with grill marks, 3 minutes for avocados, 5 minutes for tomatoes, 4 minutes for zucchini and 3-5 minutes for the asparagus.
- 4 Brush baguette slices with olive oil. Place baguette slices in a separate area of the grill and cook one side until toasted, about 2 minutes. Remove from the grill and spread the goat cheese onto the toasted side of each slice. Set aside.
- 5 Spread arugula onto a platter and toss with enough vinaigrette to coat the leaves. Slice zucchini. Spoon avocados out of their shells and slice into wedges. Slice each tomato into 3 wedges. Distribute vegetables artfully on top of bed of arugula. Drizzle sparingly with vinaigrette. Serve with goat cheese crostini.

Servings: 8

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Total Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 396 calories, 191 calories from fat, 22g total fat, 6.5mg cholesterol, 486.4mg sodium, 780mg potassium, 41.4g carbohydrates, 7.6g fiber, 4.4g sugar, 11.6g protein.

Source

Author: Curtis Stone

Source: Adapted from What's for Dinner cookbook

