
Mediterranean Style Roasted Veggie & Chickpea Salad

Description

Try this healthy and colorful salad that is like eating a "taste of the rainbow".

Total time: 1 hr Yield: 6 Servings

Ingredients

2 large carrots
2 red bell peppers (halved and sliced)
4 small eggplants (or 2 large eggplants; sliced thin on the diagonal)
2 red onions (sliced thin)
2 tomatoes (diced)
extra virgin olive oil
cooking spray
2 can low-sodium garbanzos (drained and rinsed)
1/2 cup balsamic vinaigrette dressing
1 bunch fresh sweet basil
2 Tbsp Italian parsley (chopped)
1/2 cup feta cheese

Prep Time: 40 min Cooking Time: 20 min Total Time: 1 hr

Instructions

Preheat oven to 425° F. In a large bowl, toss the cut veggies with a drizzle or two of olive oil. Lay the veggies on two baking sheets prepared with cooking spray. Bake for 20 minutes or until veggies are al dente (cooked through but still a little bit crunchy). Put back into the large bowl and toss gently with the garbanzos and dressing, then place onto a large platter. Chiffonade the basil leaves (make a stack of basil leaves, roll up and slice thin strips - make sure your knife is sharp to avoid bruising the herb). Sprinkle basil strips and parsley over the veggies, then crumble feta cheese over the top.

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai