

# WARM ZUCCHINI SALAD WITH BALSAMIC DRESSING

## INGREDIENTS

- 2 tbsp. olive oil
- 4 zucchini small
- 1-2 grilled red peppers from a jar
- 5-6 cherry tomatoes red and yellow
- 80g or 1/2 cup Italian marinated mushrooms (Antipasti)
- 1 clove garlic - crushed
- 5-6 leaves Fresh basil or 1 tsp. dried
- 1 tbsp. Ideal Protein Balsamic Dressing
- Salt and Pepper to taste

## PREPARATION

1. Slice the zucchini  $\frac{1}{4}$  inch thick, sprinkle them with salt and pan fry them in olive oil on medium heat for 2-3 minutes on each side until golden. Alternatively you can broil them in the oven for 2-3 minutes on each side.
2. Remove the zucchini from the pan and place them in the salad bowl. Squeeze 1 garlic clove directly over the zucchini and tear a few basil leaves into the salad bowl to allow the warm zucchini absorb the flavors.
3. Slice the grilled peppers and tomatoes and add them to the salad bowl.
4. Now, mix in the mushrooms and drizzle a tablespoon of balsamic vinegar. Mix everything carefully without mashing up your delicate vegetables.
5. Taste and add more salt and pepper if needed. Enjoy!

