



Italian Vegetable Salad

INGREDIENTS:

- fc 2 tbsp extra virgin olive oil
- fc 2 (14.5 oz) cans no salt added whole peeled tomatoes, drained and chopped
 - 1 medium red onion, sliced
 - 1/2 lb fresh green beans, cut into 1 inch pieces and blanched
 - 1/2 lb fresh asparagus, cut into 1 inch pieces and blanched
 - 1 medium eggplant, cubed
 - 1/2 chopped fresh basil leaves
 - 1/2 chopped fresh parsley
 - 1/4 cup balsamic vinegar
- fc 1/4 cup oil
- fc Salt and black pepper to taste



INSTRUCTIONS:

Heat a large skillet over medium-high heat; add 2 tbsp. oil. Place tomatoes, red onion, green beans, asparagus, red bell pepper and eggplant in skillet. Sauté until crisp tender and add basil and parsley; stir to combine. In a small bowl whisk together vinegar, 1/4 cup oil, salt and black pepper. Toss with sautéed vegetables and serve.