

*'THE' Vegetable Salad***Ingredients**

1/4 C. extra-virgin olive oil  
1/4 C. slivered almonds  
3 onions, peeled and thinly sliced  
1 yellow bell pepper  
2 C. fresh or frozen peas  
1/2 lb. green beans  
1 bunch Romaine, washed and chopped  
1 head baby Bibb lettuce, washed and  
torn into pieces  
Leaves from 1 bunch celery  
3 stalks celery, finely chopped  
1 C. chopped, fresh basil  
1 C. chopped, fresh parsley  
4 green onions, white parts only,  
finely chopped  
Juice of 1 lemon  
Salt and black pepper

**Directions**

1. Heat a small amount of the oil in a small skillet over medium heat. Add shallots and cook, stirring occasionally, until golden, about 15 minutes. Drain on paper towels and set aside.
2. Meanwhile, char pepper over a flame or under a broiler, turning to blacken all over. Place in a paper bag, close, and steam 15 minutes. Rub off skin, cut in half, remove core and seeds, and dice. Set aside.
3. Bring a medium pot of salted water to a boil. Add peas and green beans, reduce heat to medium-low, and cook briefly so that both peas and beans retain a little crunch, about 4 minutes. Drain in colander and stop the cooking by running under cold water. Pat dry.
4. Combine almonds, shallots, pepper, peas, beans, Romaine, Bibb lettuce, celery leaves, celery, onions, basil, parsley, and scallions in a large salad bowl. Mix lemon juice and remaining oil in a small mixing bowl and drizzle over salad. Toss well and season to taste with salt and pepper.

**Nutrition Facts - Makes 6, 2 cup servings**

Calories 199 • Protein 7g • Total Carbohydrate 19g • Total Fat 21g • Saturated Fat 1.5g  
Cholesterol 0mg • Sodium 52mg • Sugar 7g • Dietary Fiber 9g

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For a cooking demonstration of this recipe please visit [VanderbiltDiabetes.com/recipes](http://VanderbiltDiabetes.com/recipes)