



Fire-Roasted Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 ears corn
- ☐ 1 garlic clove
- ☐ 0.8 tsp kosher salt divided
- ☐ 1 cup mint leaves fresh packed
- ☐ 0.5 cup olive oil extra virgin extra-virgin divided
- ☐ 2 onion whole unpeeled
- ☐ 0.5 tsp pepper divided
- ☐ 2 bell pepper red

- ☐ 2 tablespoons red wine vinegar
- ☐ 2 tomatoes cored ripe
- ☐ 2 bell pepper yellow
- ☐ 4 medium zucchini thick sliced lengthwise

Equipment

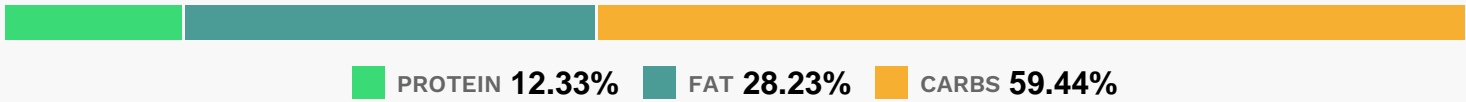
- ☐ bowl
- ☐ grill
- ☐ tongs

Directions

- ☐ Build a wood fire* in a camp grill or fire ring, using about 4 logs and some kindling; let burn to medium (you can hold your hand 5 in. above cooking grate only 5 to 7 seconds), about 1 hour. Adjust fire so there's a thick area of embers and smaller logs in the middle and larger logs to the sides.
- ☐ Smash garlic, put in a small bowl with vinegar, and set aside. In a large bowl, toss zucchini, corn, and tomatoes with 2 tbsp. oil, 1/2 tsp. salt, and 1/4 tsp. pepper.
- ☐ Place onions in embers between some smaller logs and cook, turning every 10 minutes or so, until completely black and soft when squeezed with tongs, 25 to 40 minutes. Meanwhile, set peppers on embers and cook, turning every few minutes, until completely charred, about 20 minutes.
- ☐ Transfer vegetables to a board and let cool.
- ☐ Set cooking grate in place, if using a portable one. Grill zucchini, corn, and tomatoes (in batches, if needed), turning occasionally, until grill marks appear, 5 to 35 minutes, depending on distance from fire.
- ☐ Pull off blackened outsides from onions and peppers.
- ☐ Cut corn kernels from cobs into large bowl.
- ☐ Cut remaining vegetables into slices or strips, discarding seeds; add to bowl.
- ☐ Stir remaining 6 tbsp. oil into vinegar with remaining 1/4 tsp. each salt and pepper. Toss gently with vegetables, add mint, and more salt and pepper if you like.
- ☐ *Or cook all the vegetables over (but not in) a medium (350 to 450°F).

☐ charcoal fire, adding 8 briquets every 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:2.15, Inflammation Score:-9, Nutrition Score:17.786956470946%

Flavonoids

Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg

Nutrients (% of daily need)

Calories: 143.17kcal (7.16%), Fat: 5.03g (7.73%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 18.63g (6.78%), Sugar: 10.39g (11.54%), Cholesterol: 0mg (0%), Sodium: 316.7mg (13.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Vitamin C: 160.91mg (195.04%), Vitamin A: 2328.6IU (46.57%), Manganese: 0.61mg (30.52%), Vitamin B6: 0.53mg (26.5%), Folate: 100.53µg (25.13%), Potassium: 829.97mg (23.71%), Fiber: 5.16g (20.66%), Magnesium: 64.48mg (16.12%), Phosphorus: 136.91mg (13.69%), Vitamin B2: 0.23mg (13.51%), Vitamin B1: 0.2mg (13.36%), Vitamin K: 13.53µg (12.89%), Vitamin B3: 2.55mg (12.73%), Copper: 0.21mg (10.52%), Vitamin E: 1.56mg (10.43%), Iron: 1.71mg (9.49%), Vitamin B5: 0.89mg (8.94%), Zinc: 1.02mg (6.78%), Calcium: 61.86mg (6.19%), Selenium: 0.95µg (1.36%)