



Pan-Grilled Tomato and Feta Salad with Lemon-Caper Dressing

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bunch the salad mixed
- ☐ 6 servings pepper black freshly ground
- ☐ 1 tablespoon capers rinsed
- ☐ 0.3 cup breadcrumbs dry
- ☐ 4 ounce feta cheese crumbled (not)
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme leaves dried fresh

- ☐ 0.8 pound green beans trimmed
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings optional: lemon
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 5 tablespoons olive oil
- ☐ 6 servings the salad
- ☐ 3 large tomatoes cut into 3/4-inch-thick slices

Equipment

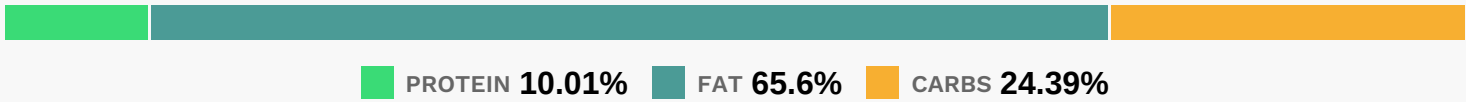
- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ To make the dressing, combine the oil and lemon juice in a small jar and shake vigorously.
- ☐ Mix in the capers and parsley; set aside.
- ☐ Heat a large pot of lightly salted water to boiling. Drop in the green beans and cook, uncovered, 5 minutes or until crisp-tender.
- ☐ Drain, then rinse immediately with cold water.
- ☐ Cut the Feta into 4 slices and set aside to drain on paper towels.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Sprinkle the tomato slices with the thyme, salt, and a few grinds of pepper.
- ☐ Place the tomato slices in the skillet and cook until lightly browned, about 1 minute. Flip and brown the other side. Arrange the arugula on 4 salad plates.
- ☐ Place a few tomato slices on each plate along with some of the green beans. Coat the Feta in the bread crumbs.
- ☐ Add the oil to the skillet and brown the cheese on both sides, about 2 minutes per side.
- ☐ Add to the salad plates.

Drizzle the dressing over the salads.

Nutrition Facts



Properties

Glycemic Index:40.92, Glycemic Load:2.43, Inflammation Score:-10, Nutrition Score:15.531739027604%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg, Hesperetin: 2.68mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 231.31kcal (11.57%), Fat: 17.72g (27.27%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 11.53g (4.19%), Sugar: 4.83g (5.37%), Cholesterol: 16.82mg (5.61%), Sodium: 697.18mg (30.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.17%), Vitamin C: 41.57mg (50.39%), Vitamin K: 51.46µg (49.01%), Vitamin A: 2016.96IU (40.34%), Manganese: 0.4mg (19.92%), Vitamin E: 2.67mg (17.8%), Vitamin B2: 0.29mg (17.28%), Folate: 68.75µg (17.19%), Vitamin B6: 0.3mg (14.94%), Calcium: 148.29mg (14.83%), Phosphorus: 141.01mg (14.1%), Potassium: 485.29mg (13.87%), Fiber: 3.29g (13.16%), Vitamin B1: 0.18mg (11.73%), Iron: 1.94mg (10.79%), Magnesium: 39.9mg (9.98%), Vitamin B3: 1.82mg (9.1%), Copper: 0.16mg (7.87%), Zinc: 1.07mg (7.11%), Selenium: 4.6µg (6.57%), Vitamin B12: 0.34µg (5.59%), Vitamin B5: 0.52mg (5.16%)