



## Purple Basil & Grilled Summer Squash Salad with Walnuts

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 1 cup purple basil leaves mixed green
- ☐ 1 pinch kosher salt & pepper black
- ☐ 4 tablespoon olive oil divided
- ☐ 3 ounce parmesan cheese very thinly sliced
- ☐ 1.8 pound summer squash
- ☐ 2 teaspoon walnut oil

- ☐ 0.5 cup walnuts shelled
- ☐ 1 cup clean and roughly torn loosely packed

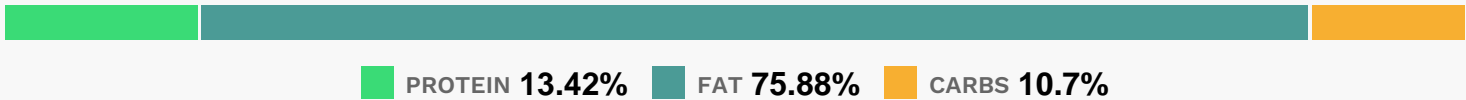
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill pan

## Directions

- ☐ Preheat the oven to 300°F.
- ☐ Spread the walnuts onto a baking sheet in a single layer. Roast until nicely browned, about 12 minutes. Chop the nuts roughly.Trim the ends of the summer squash and cut them on an angle into 3/8-inch-thick slices.
- ☐ Place them in a bowl and toss with half the olive oil and some salt and pepper.Set a grill pan over medium-high heat. Allow it to get hot to the point that you cannot hold only your hand above the surface more than 3 seconds. Working in batches, lay the slices of summer squash in a single layer onto the grill pan and cook until nicely marked, about 2 minutes per side.
- ☐ Transfer the squash to a medium bowl as they cook. Once they are all grilled, pour over the balsamic vinegar, toss together and set aside to cool.Once completely cool add the remaining olive oil, squash blossoms, basil and walnuts. Toss to combine. Season with salt and pepper.
- ☐ Transfer the salad to a serving plate, sprinkle with Parmesan cheese (if using) and drizzle of walnut oil.

## Nutrition Facts



## Properties

Glycemic Index:49.75, Glycemic Load:1.97, Inflammation Score:-8, Nutrition Score:18.240869519503%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 355.9kcal (17.8%), Fat: 31.43g (48.35%), Saturated Fat: 6.59g (41.2%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 6.72g (2.44%), Sugar: 5.12g (5.69%), Cholesterol: 14.46mg (4.82%), Sodium: 355.79mg (15.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.01%), Manganese: 0.92mg (46.07%), Vitamin C: 37.32mg (45.23%), Vitamin K: 40.34µg (38.42%), Calcium: 310.16mg (31.02%), Phosphorus: 281.21mg (28.12%), Vitamin B6: 0.54mg (26.99%), Vitamin B2: 0.39mg (22.65%), Vitamin A: 1043IU (20.86%), Folate: 82.32µg (20.58%), Potassium: 637.5mg (18.21%), Copper: 0.36mg (18.2%), Magnesium: 72.17mg (18.04%), Vitamin E: 2.46mg (16.4%), Fiber: 3.26g (13.04%), Zinc: 1.66mg (11.08%), Vitamin B1: 0.16mg (10.59%), Iron: 1.63mg (9.06%), Selenium: 5.97µg (8.53%), Vitamin B3: 1.3mg (6.49%), Vitamin B5: 0.5mg (5%), Vitamin B12: 0.26µg (4.25%)