CHOPPED GRILLED VEGETABLE SALAD

SERVES 6-8

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Dressing:
2 Tablespoons fresh lime juice
2 Tablespoons unseasoned rice vinegar
1 small shallot, finely chopped
2 teaspoons Dijon mustard
2 teaspoons raw honey
1 teaspoon sea salt
freshly ground pepper to taste
½ cup unrefined, cold-pressed extra-virgin olive oil

2 ears corn
1 bunch asparagus, about ¾ pound, ends trimmed
3 Japanese eggplant, about ¾ pound, halved lengthwise or 3 Portobello mushrooms
3 medium zucchini, about 1 pound, halved lengthwise
1 bunch scallions, left whole or 1 red onion, sliced thickly
sea salt and black pepper for seasoning
8 cups romaine or red leaf lettuce, chopped (optional)
2 ripe avocados, peeled and cubed

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1. Prepare corn: Pull husks down and remove silks. Replace one layer of husks and discard the rest. Soak in water until grill is ready.
2. Preheat a grill over medium high heat or heat a grill pan.
3. Place all dressing ingredients except oil in a small bowl. Add olive oil slowly, whisking continuously to emulsify. Lightly brush the asparagus, eggplant or mushrooms, zucchini and scallions with dressing (I used 7-8 tablespoons.) Sprinkle with sea salt and black pepper to taste.
4. Grill each vegetable according to doneness. Each one takes a different amount of time. Corn takes about 5 minutes on each side. Do not overcook! Allow to cool slightly, then chop into bite-sized chunks. Cut corn off the cob.
5. Place lettuce on a large platter and drizzle lightly with some of the dressing. Toss to coat. Drizzle the chopped vegetables with most of the remaining dressing and arrange on top of the lettuce. Dress the avocado cubes with any remaining dressing and arrange on top.

Notes: delicious with crumbled feta or goat cheese, or grilled shrimp or chicken.

An Alternative Dressing – Lemon-Basil:

¼ cup fresh lemon juice

1 Tablespoon Dijon mustard

¾ teaspoon fine sea salt

2 small garlic cloves

¾ cup basil leaves

½ cup unrefined, cold-pressed extra-virgin olive oil

Puree everything in a blender.