

Mediterranean Salad

3 peppers (red, yellow), diced
3 small zucchini squashes, diced or cut in ½ slices
1 eggplant, cut in small chunks
1 red onion, chopped
2 garlic cloves, chopped
15 leaves of basil, chopped
1 tbsp parsley, chopped
1 tsp. thyme, chopped
1 tsp majoram, chopped
Virgin olive oil



5 tbsp balsamic vinegar
1/3 cup virgin olive oil
1.5 tsp salt
¼ tsp black pepper

Preheat the oven to 380 degrees, put the eggplant in a pan, add the olive oil and salt, mix and bake it for 20-30 min until the eggplant is soft.

Stir-fry the peppers and zucchinis with olive oil in a pan, and add the chopped onion and garlic.

Dressing: Mix vinegar, salt, pepper and oil, add the chopped herbs

Stir together the veggies, add the dressing and stir again.

You can serve it with garlic bread or ciabatta.

Buon appetito!