



## **MESCULIN GREENS W/ ROASTED RED PEPPERS PORTOBELLO MUSHROOMS AND FETA**

This is a salad for a special occasion. It's very delicious; the contrast between the cool greens and the warm vegetable with the feta cheese is fabulous. This is a little higher in mono-unsaturated fat, but that won't affect your insulin level. It is a side salad so this should feed 6-8 people.

To roast red peppers: quarter pepper and put in the broiler with the skin side up. When it blackens remove from pan and place in a brown paper bag, close the bag. Let it sit for 10 minutes, the skin will easily peel away from the pepper.

3 red peppers roasted  
6 large portobello mushrooms  
2 ounces crumbled feta cheese  
6 cups mesculin mix or baby spinach greens or combination of both

After roasting red peppers put into container with olive oil, garlic and a little balsamic vinegar. (This can be prepared up to 36 hours in advance).

Clean and marinate portobello mushrooms in balsamic vinaigrette, best if marinated the day before. Grill right before serving.

Cut the mushrooms into small slices and dice the red peppers, drain out the marinade. In large salad bowl put greens, peppers, mushrooms, feta cheese and toss well. Serve with balsamic vinaigrette.

### **Balsamic Vinaigrette:**

¼ cup balsamic vinegar  
¾ cup olive oil  
¼ cup water  
1 teaspoon Herbamare (herbal seasoning sea salt, found in health food stores), or salt and pepper to taste  
¼ cup chopped parsley (curly or flat)  
1 clove crushed garlic

Shake well

Tip: Exercise is an important part of the zone program. Try to get a least 30 minutes of walking or other aerobic exercise with strength training. It will increase your metabolic rate. It lowers excess blood glucose. It lowers excess insulin.