

## Mixed greens with grilled shrimp

As we enter September and hopefully the last month of really hot weather, I thought a light salad and some shrimp cooked on the grill would be a great way to close out the summer. A light lemon vinaigrette is quick and easy and allows the shrimp to showcase themselves. Kalamata olives add a touch of briny flavor. Roasted red peppers and red onions add a touch of sweetness. Some quartered artichoke hearts round out the salad for a great, low calorie, high fiber meal.

### Ingredients:

- ¼ cup lemon juice
- ¾ cup olive oil
- A pinch of salt and pepper
- 1 large red pepper
- 1 red onion, sliced
- 1 tablespoon olive oil
- A pinch of salt and pepper
- 1 pound of shrimp
- 2 tablespoons olive oil
- 1/3 cup Resta “Gelso Moro” Chardonnay
- 1 tablespoon lemon juice
- A pinch of salt and pepper
- 1 can quartered artichoke hearts
- 1 pint pitted Kalamata olives
- Your choice of mixed baby field greens

### Method:

Prepare the vinaigrette by mixing the lemon juice, olive oil, and salt and pepper. A standard vinaigrette is 1 part acid and 3 parts oil. Here we are using lemon juice for the acid, but you can use red wine vinegar or even balsamic vinegar if you choose.

Roast the red pepper by rubbing it with a little olive oil, salt and pepper. Place it on a grill turning frequently until the skin has turned black. Remove from the grill, place in a bowl, and cover with plastic wrap. Allow it to sit for 10-15 minutes and the pepper will steam making it very easy to remove the charred skin of the pepper. Scrape the pepper with a knife to remove the skin, if you don't get it all, that's ok, a little bit of the charred flesh will add flavor. Split the pepper and remove the seeds. Cut into strips.

Rub the slices of red onion with olive, salt and pepper. Grill for 3-4 minutes on each side. The onions will soften and develop a wonderful sweet flavor.

Marinate the shrimp in the olive oil, Chardonnay, and salt and pepper for about 15 minutes. You want to add flavor but if the shrimp sit in the wine too long they will begin to “cook” because of the acidity much like making ceviche. Grill the shrimp for 3 minutes on each side.

Assemble the salad by tossing the greens in the vinaigrette. Add strips of roasted pepper, the grilled onion, artichoke hearts, and Kalamata olives in whatever proportion you prefer. Top with the grilled shrimp and mangia, mangia!