

## Grilled Summer Vegetable Salad

1 bunch; 16-20 spears of asparagus with bottoms removed  
1 red pepper, cut in thirds  
1 green or yellow zucchini, halved and then cut longwise  
1/3 red onion (optional)  
2 ears corned, husked (optional)  
1 cup cherry tomatoes, halved – add at end  
Blue cheese crumbles (optional)

### Dressing:

Juice from 1 lemon  
2 teas honey Dijon mustard  
1-2 cloves garlic  
3 Tbsp EVOO  
Ground pepper to taste

Prepare vegetables and heat grill to 375\*. Place vegetables on grill (not the tomatoes), and cook each side for 4-5 minutes. While vegetables are grilling, prepare the dressing. Mix together lemon juice, mustard, garlic and pepper. While stirring those, slowly add in EVOO.

Once the vegetables are done grilling, allow to cool for several minutes. Cut each into bite size pieces, and cut corn from cob. Add tomatoes and dressing, optional blue cheese crumbles. Enjoy!

*Best for the Luteal phase.*

