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**Roasted Vegetable and Goat Cheese Salad**

**By News Canada**

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1 onion

1 yellow pepper

1 red pepper

1 eggplant

1 zucchini

6 green onions

12 asparagus

12 cherry tomatoes

6 tbsp Maille Balsamic Vinegar of Modena

4 tbsp olive oil

1 tbsp Maille A l'Ancienne (wholegrain) Mustard

1 tbsp fresh oregano, chopped

1 cup goat cheese, cut into small pieces

Salt and black pepper (to taste)

## Roasted Vegetable and Goat Cheese Salad

Peel onion and cut into slices. Wash and cut other vegetables into slices or wedges. For marinade, whisk Maille Balsamic Vinegar of Modena, olive oil, Maille A l'Ancienne Mustard and oregano to blend; season with salt and pepper.

Put vegetables in large bowl and add marinade. Set aside for 30 minutes, mixing often. Start barbecue and roast vegetables to desired degree of doneness.

Transfer vegetables to salad bowl and add goat cheese pieces. The cheese will slightly melt and will nicely blend in with the roast vegetables.

Here's a trick: replace Maille Balsamic Vinegar of Modena with Maille Red Wine Vinegar. Recipe developed by Marc de Canck, chef and owner of La Chronique Restaurant (Montreal, Quebec). For additional recipes, please visit [www.maille.com](http://www.maille.com)

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## **Super Quick Pea Salads**

**By Gordon Angrignon**

Making a pea salad is quick and easy. Here is the basic recipe with some options to tweak it up a little.

## Roasted Vegetable and Goat Cheese Salad

If you're putting a meal together and need something quick to go with it, a simple pea salad recipe may be the answer.

It's very simple, just drain the water from a can of peas and put peas into a bowl. Add a little chopped vegetable and a tablespoon or so of mayonnaise and mix.

That's the basic recipe, here's a few suggestions to spice it up a little:

- 1 – Add a slice of finely chopped onion. You don't need much and it really adds flavour.
- 2 – Mince a small garlic clove and add to salad. Do this only if you like garlic.
- 3 – Add other vegetables. Cucumber, cherry tomatoes, bell pepper, celery and more. Chop them up very fine and add sparingly. Like the onion you don't need much.
- 4 – Cheese it up. Shred or cube some cheese and throw it in. Any kind will do. You could also use some 3 cheese ranch dressing rather than mayonnaise for the dressing.
- 5 – Add a hard boiled egg, peeled and chopped of course. This mixes very well with the mayonnaise.
- 6 – Chopped sweet pickle or relish will sweeten it up and add a little crunch.
- 7 – Enhance the mayonnaise dressing with a little shot of mustard.
- 8 – Add a pinch of spice. Oregano, dill, cilantro, any others you may like.
- 9 – A pinch of salt will bring the flavours together.
- 10 – You may want to add a can of beans such as green, waxed, garbanzo, kidney etc. Any type of salad bean will do. This is a great way to make your salad more interesting.

When you have your ingredients all together, gently mix and refrigerate. If you are in a hurry to get it on the table just chill it in the freezer for 5 minutes or so.

Gordon Angrignon is a sea-urchin diver from Cumberland, British Columbia on Vancouver Island. When not on the fishing grounds he's busy researching and making salads for his website

<http://www.easysaladrecipes.com>

, a compilation of free salad recipes including

<http://www.easysaladrecipes.com/englishpeasaladrecipe.html>

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