Roasted Vegetables with Walnuts Basil and Balsamic Vinaigrette

5 Servings

INGREDIENTS
½ red bell pepper, small, cut into 1-inch cubes, about ¼ cup
½ orange bell pepper, small, cut into 1-inch cubes, about ¼ cup
¼ red onion, medium, cut into 1-inch cubes, separated, about 3 tablespoons
4 ounces portobella mushrooms, baby, halved
1 tablespoon extra virgin olive oil
¼ teaspoon sea salt
¾ cup sugar snap peas
1 zucchini, small, sliced ¼-inch thick, about 1 cup
1 summer squash, yellow, small, sliced ¼-inch thick, about 1 cup
2 garlic cloves (minced)
½ cup walnuts, coarsely chopped
2 teaspoons balsamic vinegar
2 tablespoons fresh, snipped basil

DIRECTIONS
❤ Preheat oven to 400°F. Place bell peppers, onion and mushrooms in a large bowl and toss with olive oil and salt. Place in a single layer on a large baking sheet, making sure not to crowd vegetables. Cook for 10 minutes.

❤ Add snap peas, zucchini, yellow squash and garlic and stir lightly. Top with walnuts and cook for 5 to 10 minutes more or until all vegetables are crisp-tender and walnuts are toasted.

❤ Drizzle with balsamic and toss well. Sprinkle with basil.

This recipe from California Walnuts is an American Heart Association Heart-Check Certified recipe.

NUTRITION ANALYSIS (PER SERVING)
Calories .................................................. 125
Total Fat ............................................. 10.5 g
Saturated Fat ........................................ 1.0 g
Trans Fat ............................................. 0 g
Polyunsaturated Fat .............................. 6.0 g
Monounsaturated Fat ......................... 3.0 g
Cholesterol ........................................... 0 mg
Sodium ............................................... 102 mg
Carbohydrates ..................................... 7 g
Fiber ................................................. 2 g
Sugars ................................................ 3 g
Protein ............................................... 3 g
Dietary Exchanges: 1 vegetable, 2 fat