



Roasted Vegetables with Walnuts, Basil and Balsamic Vinaigrette

5 servings

INGREDIENTS

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

DIRECTIONS

1. Preheat oven to 400°F. Place both 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.
2. Add snap peas, zucchini, yellow squash and garlic, stirring lightly. Top with walnuts and cook for 5 to 10 minutes, or until all vegetables are crisp-tender and walnuts are toasted.
3. Drizzle with balsamic and toss well. Sprinkle with basil.

NUTRITION ANALYSIS (PER SERVING)

| | |
|---------------------------|--------|
| Calories | 125 |
| Total Fat | 10.5 g |
| Saturated Fat..... | 1.05 g |
| Trans Fat..... | 0.0 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

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

