

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 oz. portabella mushrooms, baby, halved
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon sea salt
- ¾ cup sugar snap peas
- 1 zucchini, small, sliced 1/4-inch thick, about 1 cup
- 1 summer squash, yellow, small, sliced 1/4-inch thick, about 1 cup
- 2 garlic cloves (minced)
- ½ cup walnuts, coarsely chopped
- 2 teaspoons balsamic vinegar
- 2 tablespoons fresh, snipped basil

DIRECTIONS

1. 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.
2. 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.
3. Drizzle with balsamic and toss well. Sprinkle with basil.

NUTRITION ANALYSIS (PER SERVING)	
Calories	125
Total Fat	10.5 g
Saturated Fat	1 g
Trans Fat	0 g
Polyunsaturated Fat	6 g
Monounsaturated Fat	3 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.

