

Pesto Roasted Vegetables

INGREDIENTS:

1 T	balsamic vinegar
1/2 T	olive oil
Dash	salt
Dash	ground pepper
1 cup	sliced new potatoes
1 cup	sliced zucchini
3/4 cup	mushroom halves
1 cup	broccoli flowerets
	Non stick cooking spray
2 T	pre-made garlic pesto

DIRECTIONS:

Combine vinegar, oil, salt and pepper in a large bowl. Add vegetables and toss well. Arrange vegetables in a shallow roasting pan coated with non stick spray. Bake at 475 degrees for 10 minutes. Turn vegetables over with a large spoon or spatula and bake for another 10 minutes or until tender and browned. Once vegetables are cooked place in a bowl and add pesto and toss to coat evenly. Serve as a side dish.

Makes 2 servings. Serving size is 1 cup
Calories: 157/serving

NUTRITIONAL INFORMATION PER SERVING:

6 g protein
15g carbohydrates
8 g fat
98 mg sodium
0mg cholesterol
3g fiber

Estimated Food Group Serving Equivalents: 1 vegetable, 1 starch, 1 fat