

Peterson Nutrition and Fitness: News

TUESDAY SEPTEMBER 21, 2010

New recipe for end of season vegetables and herbs:

Gemelli With Roasted Vegetables

- 1 large zucchini
- 1 large yellow squash
- 1 large sweet red pepper
- 1 (8oz) package fresh mushrooms
- 1 large onion, cut into thin wedges
- 1 T. balsamic vinegar
- 2 t. olive oil
- 1 t. dried rosemary
- ½ t. sugar
- ¼ t. salt
- 1 t. freshly ground pepper
- 2 large tomatoes, coarsely chopped
- 10oz. gemelli, uncooked
- 2 oz feta cheese, crumbled
- ½ c fresh basil

Line a 15 x 10 x 1-inh jellyroll pan with aluminum foil; set aside or, prepare a grill basket by spraying it with Pam. Cut zucchini, squash, and red pepper into 1-inch pieces; add mushrooms and onion.

Combine vinegar and next 5 ingredients in small bowl, stirring well and coat vegetables evenly with mixture. Place on prepared pan and bake at 425 for 15 minutes or pour into grill basket and grill for 15 minutes. Stir vegetables and add tomato. Bake or grill 10 more minutes or until vegetables are tender or golden.

Cook pasta according to directions. Place pasta in serving bowl. Add roasted vegetables; toss well. Add feta cheese.

Makes 10, 1 c servings