

Mediterranean Roasted Vegetables

Mediterranean Sauce

1/4 cup	Hazelnuts, toasted, skin removed
3 tablespoons	Butter, softened
2 tablespoons	Sun-dried tomatoes, packed in oil
2 tablespoons	Kalamata olives
1 1/2 teaspoons	Lemon juice
1 clove	Garlic
1/2 teaspoon	Sage, ground
1/4 teaspoon	Salt



Roasted Vegetables

1 1/2 cups (8 oz)	Baby carrots, cut into 1/4-inch rounds
1 lb	Green beans, whole, topped and tailed
1	Yellow bell pepper, seeded and thinly sliced lengthwise
1	Red bell pepper, seeded and thinly sliced lengthwise
1 medium (8 oz)	Sweet onion, thinly sliced
3 tablespoons	Vegetable oil
3/4 teaspoon	Black pepper, ground

Preheat oven to 450°F. Line baking sheet with aluminum foil, forming 1-inch sides.

Pulse hazelnuts, butter, tomatoes, olives, lemon juice, garlic, sage and salt in food processor* until blended but still chunky; scraping frequently. Set aside.

Place vegetables on aluminum foil-lined baking sheet. Drizzle oil and sprinkle pepper evenly over vegetables.

Bake at 450°F for 30 to 35 minutes, stirring every 5 minutes, until vegetables are tender and starting to brown. Place in serving dish and toss with Mediterranean Sauce until vegetables are coated. Sprinkle with additional chopped hazelnuts, if desired. Makes 6 servings.

Nutritional Analysis per Serving: Calories 250 (57% Calories from Fat), 5g Protein, 24g Carbohydrate, 6g Fiber, 17g Fat, 4.5g Sat. Fat, 15mg Cholesterol, 240mg Sodium

To make sauce without a food processor: Finely dice hazelnuts, sun-dried tomatoes and Kalamata olive. Mix with butter, lemon juice, garlic, sage and salt until blended.