

Roasted Vegetable Salad

2 cups broccoli
2 cups cauliflower
1 medium yellow summer squash, sliced
1 medium zucchini, sliced
1 red bell pepper, cored and cut into 1 in square pieces
3/4 cup extra virgin olive oil
2 tbsp balsamic vinegar
1 tbsp Dijon mustard
1 garlic clove, chopped
1/2 tsp salt
1/2 tsp ground black pepper
1/3 cup fresh basil, chopped



In a large bowl, toss together the broccoli, cauliflower, squash, zucchini, eggplant, red pepper, and onion with 1/2 cup of the olive oil, coating all vegetables well.

Pour into a large shallow baking pan (large enough so that the veggies only form one layer) and roast in a preheated 425° oven for 10 minutes. Remove from oven, turn vegetables, and roast another 10 minutes. Vegetables should be lightly browned.

While vegetables are cooling, make the vinaigrette by combining the vinegar, mustard, garlic, salt, pepper, basil and remaining olive oil in a blender and combining well. Drizzle over vegetables. Recipe makes 16, 1/2 cup servings.

Per recipe: 642 mg phe, 18.9 g protein
Per serving: 40 mg phe, 1.2 g protein



Adapted from The Seattle Times, August 1990.



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