



Mega Roasted Veggie Salad



1/2 of recipe (3 cups lettuce with about 2 1/2 cups veggies and 2 tbsp. avocado): 303 calories, 10.5g total fat (1.5g sat. fat), 417mg sodium, 49g carbs, 15g fiber, 22.5g sugars, 9.5g protein

Prep: 15 minutes **Cook:** 20 minutes



Ingredients

- 2 cups small broccoli florets
- 1 1/2 cups peeled carrots cut into 1/2-inch coins
- 1 1/2 cups zucchini cut into 1-inch chunks
- 1 1/2 cups red bell pepper cut into 1-inch chunks
- 1 cup onion cut into 1-inch chunks
- 1/2 tsp. onion powder
- 1/4 tsp. salt
- 3/4 tsp. garlic powder
- 3 tbsp. balsamic vinegar
- 2 tsp. olive oil
- 1/4 tsp. Italian seasoning
- 1/8 tsp. black pepper
- 1/4 cup frozen sweet corn kernels, thawed
- 6 cups chopped romaine lettuce
- 2 oz. (about 1/4 cup) chopped avocado

Directions

Preheat oven to 425 degrees. Spray a baking sheet with nonstick spray.

Lay broccoli, carrots, zucchini, bell pepper, and onion on the baking sheet. Sprinkle with onion powder, salt, and 1/2 tsp. garlic powder.

Bake for 12 minutes.

Stir/rearrange veggies. Bake until softened and lightly browned, about 8 more minutes.

Meanwhile, in a medium bowl, combine vinegar, oil, Italian seasoning, black pepper, and remaining 1/4 tsp. garlic powder. Whisk well.

Transfer cooked veggies to a large bowl. Add vinegar mixture and corn, and toss to mix.

Plate lettuce (or place in a serving bowl), and top with veggies and avocado.

MAKES 2 SERVINGS

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