

# **Sicilian-Style Roasted Vegetables with Balsamic Vinegar**

Nancy Liguori - Natural Gourmet Institute  
Vegetarian Times Magazine - January 2010

**Servings: 8**

**Start to Finish Time: 30 minutes**

**1 pound green beans, trimmed**  
**1 large red bell pepper, sliced lengthwise into 1/2-inch-thick strips**  
**2 tablespoons olive oil**  
**1/2 teaspoon sea salt**  
**1/4 teaspoon freshly ground black pepper**  
**1/3 cup balsamic vinegar**  
**1/4 cup fresh orange juice**  
**1 teaspoon fresh lemon juice**  
**1 teaspoon grated orange zest**

Preheat oven to 375 degrees.

Toss the green beans and bell pepper strips with oil, salt and pepper in a large bowl. Spread in a single layer on a baking sheet. Roast for 20 to 25 minutes or until the vegetables are crisp-tender and beginning to brown, stirring occasionally.

Bring the vinegar to a boil in a small saucepan over medium-high heat. Simmer 5 to 7 minutes or until the vinegar is thick and syrupy, stirring occasionally.

Toss the green bean mixture with orange juice, lemon juice and orange zest in a large bowl.

Season with salt and pepper, if desired.

Transfer to a serving dish and drizzle with the balsamic vinegar syrup.

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Per Serving (excluding unknown items): 55 Calories; 3g Fat (52.2% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 121mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1/2 Fat.