

Summer Grilled Balsamic Veggies

Prep Time 15 mins
 Total Time 1 hr
 Meal Type Side
 Contributed By



Source From [AICR](#)

Servings 8



Ingredients

lb,oz g,ml

- 3 bell peppers, *chopped* (medium; any color works- red, yellow and orange)
- 2 zucchini, *thickly sliced* medium
- 1 Head cauliflower, *cut into small florets*
- 1 (8-oz.) container mushrooms, baby bella
- 2 Tbs olive oil
- salt, *to taste*
- black pepper, *to taste*
- 1 cup balsamic vinegar, *reduced* (or 1/4 cup pre-made balsamic reduction)
- 2 Tbs basil, *fresh, chopped*

Directions

Prep

1. Prep all veggies.

Make

1. Place chopped vegetables and mushrooms in large mixing bowl. Toss with oil and salt and pepper, if using, to coat evenly.
2. Add vegetables to a grill basket and grill over medium heat for 15 minutes or until vegetables are fork tender. If you don't have a grill, spread vegetables evenly over 1-2 baking sheets and roast for 20 minutes at 400°F, stirring after 10 minutes.
3. While vegetables are cooking, bring balsamic vinegar to a boil in small saucepan. Reduce heat to medium/low and let vinegar simmer for 10-15 minutes, stirring occasionally. The reduction is done when vinegar has thickened enough to lightly coat the spoon. Let the balsamic glaze cool (at room temperature or in fridge); it will continue to thicken as it cools.
4. To serve, drizzle glaze over roasted veggies and garnish with chopped fresh basil.

Notes

This recipe was created by Sonja Goedkoop.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	110	Total Fat 4.0g	6%	Total Carbohydrates 16g	5%
		Saturated Fat 0.6g	3%	Dietary Fiber 3g	11%
		Trans Fat 0.0g		Total Sugars 8g	
		Cholesterol 0mg	0%	Protein 4g	
		Sodium 36mg	1%		
		Vitamin D 0mcg 0% · Calcium 42mg 4% · Iron 1mg 6% · Potassium 623mg 13%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -

Dream Greens Salad with Strawberries and Radishes

Prep Time 10 mins
 Total Time 10 mins
 Meal Type Lunch,Dinner,Side
 Contributed By

LivingPlateRx

Source [Living Plate](#)

Servings 2



Ingredients

lb,c g,ml

- 4 1/2 oz baby greens see notes
- 1/4 cup fresh basil, *chopped*
- 6 strawberries, *sliced*
- 6 radishes, *sliced*
- 2 Tbs raw sunflower seeds
- 1 oz feta cheese, *crumbled* (optional)
- 1 Tbs balsamic vinegar
- 2 tsp olive oil

Directions

Prep

1. Slice strawberries and radishes.
2. Chop basil.

Make

1. Place greens in bowls and toss with basil.
2. Add strawberries and radishes.
3. Sprinkle with sunflower seeds and feta.
4. Drizzle with vinegar and oil and season with salt and pepper to taste.

Notes

AeroFarms brings the farm to you, growing fresh, local food in cities all year round. We are so lucky to have several locations in NJ. Dream Greens grow in towers stacked from floor to ceiling – as far as the eye can see. Imagine if we transformed every abandoned building into productive farms full of delicious, nutritious leafy greens – that’s a dream we are making a reality!

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Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat N/A		0%	Total Carbohydrates N/A
Saturated Fat N/A		0%	Dietary Fiber N/A	0%
Trans Fat N/A			Total Sugars N/A	
Cholesterol N/A		0%	Protein N/A	
Sodium N/A		0%		
Vitamin D N/A 0% · Calcium N/A 0% · Iron N/A 0% · Potassium N/A 0%				

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- Show all nutrients -