

Roasted Vegetable Salad

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 25 minutes

Serves: 4 lunch size salads

CChints: Fennel will smell strong when you are cutting it, but the flavor turns mild when it is cooked. It has a mild liquorish flavor. If you don't have Red Wine vinegar, you can substitute Balsamic vinegar.



1/2 of a red bell pepper, cut into 1 inch pieces
1 cup yellow squash, sliced
1 bulb fennel, halved and cut into 1/2-inch wedges
1 pound Turkey Smoked Sausage, link sliced 1/2 thick
2 cloves garlic, minced
1 tablespoon extravirgin olive oil
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
2 teaspoons brown sugar
1 bag prewashed mixed salad greens
Red Wine Vinaigrette, recipe below

Preheat the oven to 400 degrees F. For easy clean up, line a baking sheet with parchment paper.

In a large mixing bowl, toss together red bell pepper through the oil. Place the ingredients on the baking sheet in a single layer. Sprinkle with salt, pepper and brown sugar. Bake on the center rack of the oven for about 15 - 20 minutes. You want the veggies to be soft and some may brown on the edges. During this time you can prepare your dressing.

Red Wine Vinaigrette:

2 tablespoon red wine vinegar
1 tablespoon fresh lemon juice
1/2 teaspoon honey
1/2 teaspoon salt
1/4 cup extra-virgin olive oil

Whisk all the ingredients together in a small bowl. Keep whisking until well blended and the dressing is an even color.

Remove the roasted vegetables from the oven and let cool for 5 minutes. Divide the salad onto 4 plates and divide the veggies evenly among the plates. Top with dressing and enjoy.