

Pea King Roasted Vegetables

Makes 4 to 6 servings

Ingredients:

Olive oil cooking spray

- 1 yellow squash, cut into 1-inch slices then halved
- 1 zucchini, cut into 1-inch slices then halved
- 3 cups Brussels sprouts, halved
- 3 cups broccoli florets, quartered
- ½ lb sugar snap peas
- ½ lb green beans
- 3 cloves garlic, minced
- 4 to 5 Tbsp olive oil, divided
- 2 Tbsp balsamic vinegar
- 1½ tsp kosher salt
- 1 tsp ground black pepper
- 1 Tbsp fresh thyme leaves
- 1 cup panko breadcrumbs

Instructions:

Preheat oven to 425 F. Spray a large baking sheet with olive oil cooking spray. Add yellow squash, zucchini, Brussels sprouts, broccoli, sugar snap peas and green beans. Spread the vegetables into a single layer.

In a small bowl, whisk garlic, 2 to 3 Tbsp olive oil, balsamic vinegar, salt, pepper and thyme. Stir until combined. Drizzle oil mixture over the vegetables. Toss to coat well. Roast vegetables for approximately 12 to 15 minutes, or until golden brown. Remove vegetables from oven.

In a small bowl, combine breadcrumbs and remaining olive oil. Sprinkle breadcrumbs over vegetables. Place vegetables back in oven for 3 to 5 minutes, or until breadcrumbs are lightly golden brown. Serve immediately.

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