# Roasted Zucchini and Asparagus Lemon Pasta Salad

## Ingredients
- 2 zucchini, quartered and cubed
- 1 bunch asparagus, cut in 1 inch long pieces, woody stalk discarded
- 1/2 tsp. each of dried thyme, dried basil, dried oregano, garlic powder
- 1/2 cup parmesan cheese, optional
- 1 LB whole grain pasta cooked
- Lemon vinaigrette (on back)
- 2 TBSP olive oil

## Instructions
1. Preheat oven to 400. Toss zucchini and asparagus pieces in olive oil and place on a baking sheet. Sprinkle combined seasonings on the vegetables and bake for 15 minutes, until tender. Let vegetables cool.
2. Boil pasta according to directions, drain, and let cool.
3. Prepare lemon vinaigrette on back panel.
4. Toss pasta and vegetables with vinaigrette. Add parmesan cheese, if desired, and toss to mix well. Chill and serve.

## Serving Size: 1 cup
**Lemon Vinaigrette** – whisk all ingredients together

- Juice from 2 lemons
- Pinch of black pepper (or more to taste)
- Pinch of salt
- 1 clove garlic, minced
- 1/3 cup Extra Virgin Olive Oil

*Serve pasta salad as a side dish to fish or chicken or over a bed of mixed greens.

Zucchini and asparagus are good sources of fiber and antioxidants. They have both been shown to help people improve blood pressure and cholesterol when eaten along with a diet rich in fruits, vegetables, whole grains, lean meats, and healthy fats.

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