

Roasted Summer Vegetables With Southern Romesco

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-squash-and-okra-recipe>

Ingredients:

- 1 cup black eyed peas preferably soaked overnight
- 1 bay leaf
- 1 pound okra pods halved
- 1 Vidalia onion small, halved and sliced into 1/2 inch crescents
- 2 squash medium, halved lengthwise and cut into 1/2 inch crescents
- 1 cup cherry tomatoes halved
- 2 tablespoons extra-virgin olive oil
- fresh basil for serving
- 1 medium tomato cut into large chunks
- 2 red peppers seeded and cut into large chunks
- 1/2 red onion medium, cut into large chunks
- 2 garlic cloves peeled and halved
- 1 tablespoon olive oil
- 3/4 cup pecans toasted
- 2 tablespoons sherry vinegar

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 27 grams
3. Fat: 20 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. SaturatedFat: 2 grams
7. Sodium: 15 milligrams
8. Sugar: 6 grams

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