Local Roasted Garden Vegetables

Total time: 25 min Yield: 4 Servings

Ingredients

2 japanese eggplant (slice lengthwise in half)
8 oz long beans
8 oz baby bok choi or kai choi (cut in half)
5 grape tomatoes (cut in half)
4 cup pumpkin (large diced)
1 cup olive oil
1/4 cup garlic (minced)
salt
black pepper
1/4 cup calamansi juice or lemon juice
1/4 cup chives (minced)
1 Tbsp fish sauce
1/4 cup honey
1 tsp chili paste

Prep Time: 15 min Cooking Time: 10 min Total Time: 25 min

Instructions

Preheat oven to 375°F.

Wash and dry the eggplant, long beans, bok choi and tomatoes.

Add the olive oil, salt and pepper to taste to a large mixing bowl and stir to combine. One vegetable at a time, toss the eggplant, long beans, bok choi, pumpkin and tomatoes in the oil mixture; remove from oil and place all veggies except tomatoes into a roasting pan.

Place pan into the oven. Roast for 5 minutes; remove pan from oven and add tomatoes. Put back into the oven for 3 to 4 minutes, until the veggies are three-quarters of the way cooked. Check for doneness with a fork. Do not overcook.

In a small mixing bowl, combine the calamansi or lemon juice, garlic, chives, fish sauce, honey and chili paste. Mix well and serve with vegetables as a condiment.

Place the roasted vegetables on a platter and serve warm with a simple citrus dressing.

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