
Mediterranean-Style Roasted Veggies

Description

Visual appeal is so important... this side dish will win you accolades in both looks and flavor. Best yet, it's so easy to prepare once all the chopping has been done!

Total time: 50 min Yield: 6 Servings

Ingredients

- 1 large red onion (quartered and sliced ½" thick)
- 1 red bell pepper (seeded and cut into large bite sized pieces)
- 1 orange bell pepper (seeded and cut into large bite sized pieces)
- 2 yellow bell peppers (seeded and cut into large bite sized pieces)
- 1 large zucchini (halved and sliced into half moons)
- 2 medium Japanese eggplants (sliced thin on the diagonal)
- 1/3 cup balsamic vinegar
- 1/2 cup extra virgin olive oil (plus a little extra to drizzle over the finished dish)
- 3 clove garlic (minced; about a level tablespoon)
- 1 tsp thyme
- salt (to taste)
- pepper (to taste)
- 1 lemon (zested and halved)
- 1/3 cup feta cheese (crumbled)
- 2 Tbsp thinly sliced fresh mint
- cooking spray

Prep Time: 50 min Total Time: 50 min

Instructions

Preheat the oven to 450° F and start chopping the veggies, placing them in a large bowl. Toss the cut veggies with the balsamic vinegar, olive oil, garlic, thyme, salt and pepper. Prepare a large baking sheet with the cooking spray, then evenly spread out the veggies. Take one lemon half and squeeze juice over the veggies, then roast in the pre-heated oven for 25 to 30 minutes. This dish can be served warm or room temperature. Right before serving, drizzle on a little more olive oil then sprinkle the feta cheese, lemon zest and sliced mint on top.

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai