



GREEK BAKED VEGETABLES

Perfect with white fish and salad!

FROM THE KITCHEN OF @DRGEORGIANNEDOUGLAS

SERVINGS: 4

PREPPING TIME: 30 MIN

COOKING TIME: 90 MIN

INGREDIENTS

- 1 yellow onion, diced
- 3 cloves garlic, diced
- 1 can fire roasted diced tomatoes
- 1 cup chopped fresh parsley
- 1/2 cup extra virgin olive oil
- salt & pepper, to taste
- 1/2 small eggplant
- 1 bell pepper
- 1 small yellow squash
- 1 rib celery
- 1 medium potato
- 1 carrot
- 1/2 cup button mushrooms

DIRECTIONS

1. Heat 2-4 tbsp of olive oil in a medium saucepan on medium-low heat and add onion, garlic, diced tomatoes, fresh parsley and salt & pepper. Mix together and simmer on low heat for 15 minutes or until the onions are translucent and some of the tomato juice has reduced.
2. While the tomato-parsley mixture simmers, prepare the vegetables by washing and cutting into 1 1/2-inch pieces. Place all vegetables in a large mixing bowl. Season with salt & pepper and a generous pour of olive oil.
3. Add the tomato-parsley mixture and gently mix everything together. Transfer to a 9x9 baking dish.
4. Bake at 400 F for 90 minutes or until the vegetables are tender. Add 2-4 tbsp olive oil while baking if vegetables look dry.

NOTES

Your kitchen with smell fantastic from the tomato-parsley mix alone! Save some parsley for garnish when serving along side some rustic country loaf bread and a cube of feta cheese. Serve it with baked white fish and a salad or over spaghetti or orzo for the family. Enjoy!