

BAKED MEDITERRANEAN VEGGIES

TASTY VEGGIES FOR YOUR CREW - AND DARN HEALTHY TOO!

1 SMALL EGGPLANT, CUT INTO 1" CUBES
1 LARGE RED PEPPER, CUT INTO 1" PIECES
1 MEDIUM ZUCCHINI, CUT INTO 1/2" SLICES
1 SMALL RED ONION, CUT IN WEDGES
2 GARLIC CLOVES, SLICED
2 BAY LEAVES
1 TSP. BASIL 5 mL
1 TSP. ROSEMARY 5 mL
SALT AND PEPPER TO TASTE
2 TBSP. OLIVE OIL 30 mL
6-OZ. JAR MARINATED ARTICHOKE HEARTS, 184 mL
DRAIN AND RESERVE MARINADE

PREHEAT OVEN TO 400°F. IN A SHALLOW BAKING DISH, COMBINE VEGGIES WITH GARLIC, BAY LEAVES, BASIL, ROSEMARY, SALT AND PEPPER. DRIZZLE WITH OLIVE OIL AND RESERVED ARTICHOKE MARINADE. BAKE ABOUT 40 MINUTES STIRRING EVERY 10 MINUTES UNTIL VEGGIES ARE FORK-TENDER. CUT ARTICHOKE HEARTS INTO 1/2" PIECES AND STIR INTO VEGGIES. BAKE 5 MINUTES MORE AND DISCARD BAY LEAVES.
SERVES 4.

 10.4 GRAMS FAT PER SERVING

HIRE A STUDENT WHILE THEY STILL KNOW EVERYTHING THERE IS TO KNOW.