

Roasted Mediterranean Vegetables

Yield: 4 servings

Ingredients

1 small eggplant; cut into ¼-inch slices
1 small yellow zucchini; cut into ¼-inch slices
1 small green zucchini; cut into ¼-inch slices
3 medium mushrooms; sliced
1 each red bell pepper; seeded, cored and cut into chunks
1 tablespoon olive oil
3 ounces baby spinach; sautéed
1 each roma tomatoes; sliced
2 each sun-dried tomatoes; soaked in water to rehydrate, drained and chopped
3 each ripe olives; chopped
½ teaspoon dried oregano

Instructions

1. Heat the broiler (or grill). Position the rack 4 inches from the heat source.
2. Brush the eggplant, zucchini, mushrooms and red pepper with olive oil.
3. Arrange in a single layer on a baking sheet and broil under low heat. Turn as needed and brush occasionally with olive oil.
4. When tender and slightly browned, remove from the broiler (or grill). Use immediately or cover and refrigerate for later use.
5. To saute spinach, heat one tablespoon olive oil in a large skillet over medium heat. Add spinach to the skillet and cover; cook 5 minutes. Season with salt and pepper; remove from heat.

Nutrition Information

Serving Size: 3 cups

Calories: 85
Total Fat: 2.5g
Saturated Fat: 0.2g
Monounsaturated Fat: 0.7g
Sodium: 169.8mg
Total Carbohydrate: 14.6g
Dietary Fiber: 7.1g
Sugars, Other: 7.6g
Protein: 3.8g

Adapted from: Healthy Recipes, Mayo Clinic Staff. (2014, August 19).



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