

Roasted Vegetable Antipasto

Adapted slightly from Foodgeeks blog.

<http://www.foodgeeks.com/recipes/verdure-cotto-ai-ferri-grilled-vegetable-antipasto-18845>



Servings: 4

1. Mix all ingredients of the marinade in a heavy-duty plastic Ziploc bag and squish so it's well blended.
2. Trim all vegetables and slice lengthwise in $\frac{1}{4}$ -inch thick slices. Add the sliced vegetables to the marinade bag, making sure all the vegetables have had contact with the marinade. Let stand, covered and chilled for at least 4 hours or overnight.
3. Turn the bag of vegetables occasionally to ensure they stay coated with the marinade. Before cooking, drain the vegetables, reserving the marinade.
4. **GRILL:** Heat a grill pan over moderately high heat until hot. Add vegetables and grill, in batches, for 3-4 minutes on each side, or until tender. Transfer vegetables to a serving platter, drizzle with remaining marinade and sprinkle with parsley, olives and Parmesan shavings. **OR ROAST:** roast the vegetables in a single layer, on parchment paper, in a 350°F oven, turning the pieces over every 15 minutes. The eggplant will take about 30 minutes or less, the others about 45 minutes. Allow to cool, decoratively place the vegetables on a serving platter, taste for seasonings (like more salt and pepper) drizzle the remaining marinade over the top and garnish with parsley, cheese and more olive oil if needed.

1/3 cup olive oil, or a little more as needed

2 tablespoons fresh lemon juice

1 tablespoon red wine vinegar

1 1/2 tablespoons fresh basil

1/2 tablespoon Dijon mustard

1 teaspoon crumbled dried thyme

2 cloves garlic, minced

1 1/2 tablespoons fresh parsley, minced

Salt and Pepper to taste

VEGETABLES:

1 small yellow squash

1 zucchini

1 small eggplant, buy the small, thinner ones

1/2 red bell pepper

1/2 yellow bell pepper

1/2 large red onion

Fresh parsley for garnish, minced

Parmesan cheese shavings, optional

More olive oil drizzled on top, if desired

Per Serving (excluding unknown items): 224 Calories; 19g Fat (70.1% calories from fat); 3g Protein; 15g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 31mg Sodium. Exchanges: 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons

<http://tastingspoons.com>