



Balsamic Roasted Vegetables

Preparation Time: 10 mins

Cooking Time: 35 mins

Serves: 6

Difficulty: Easy

INGREDIENTS

2 large red onions sliced
Sliced in half & lengthwise:

- 1 yellow capsicum
- 1 red capsicum

Squash/Zucchini cut into large cubes

- 1 green zucchini
- 1 yellow squash

3 garlic cloves crushed/minced
2 tblspns balsamic vinegar
1 tspn Dijon mustard
1/3 or 1/2 cup olive oil
2 tspns finely chopped thyme
1 tspn finely chopped basil
Sea salt
Freshly ground pepper

Additional Vegetables

- Eggplant
- Button Mushrooms halved
- Halved cherry tomatoes

Olive oil amount is dependent on size of vegetables. You don't want too much liquid.

DIRECTIONS

1. Preheat oven to 450f/232c
2. In a medium size bowl whisk together balsamic vinegar and Dijon mustard.
3. Slowly whisk in olive oil
4. Add thyme, basil, garlic
5. Dress and coat vegetables with liquid
6. Season with salt and pepper

Variation – Eggplant addition

- Slice the eggplant in 1" large round slices
- Lightly salt each side
- Place on paper towel and cover with additional paper towel
- Let sit for 10 mins and gently pat dry
- Cut into 2" squares