

Roasted Mediterranean Vegetables

Yield: 4 servings

Ingredients

3 cups chopped eggplant
1 tablespoon olive oil
2 cups quartered button mushrooms
1 cup chopped yellow squash
1 cup chopped zucchini
1 cup chopped red bell pepper
3 ounces (7 cups) baby spinach
1 cup chopped tomato
1/3 cup halved, black olives
1 tablespoon balsamic vinegar
1 teaspoon dried oregano
1/2 teaspoon salt


Instructions

1. Heat oven to 400 degrees and line a baking sheet with parchment paper.
2. In a large bowl, add the eggplant and drizzle with the olive oil. Stir to combine and place on the baking sheet. Bake for 20 minutes.
3. Add mushrooms, yellow squash, zucchini and red bell pepper to the baking sheet. Stir to combine and bake for 15 minutes. Stir halfway through.
4. Once eggplant is soft (almost mushy) to the bite, transfer the hot vegetables back to the large bowl and stir in the remaining ingredients.

Nutrition Information

Serving Size: 1½ cups
Calories: 136
Total Fat: 8.7 g
Saturated Fat: 1.2 g
Monounsaturated Fat: 6.1 g
Polyunsaturated Fat: 1.2 g
Sodium: 350 mg
Total Carbohydrate: 13.3 g
Dietary Fiber: 5.1 g
Sugars: 7.8 g
Protein: 4.1 g

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



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