

Summer Vegetable Tian

This recipe features fresh summer vegetables, savory herbs, and cheese that are layered together and baked to perfection. This beautiful vegetable tian is easy to make and looks impressive. It is a great way to incorporate your veggies!

Ingredients

- 1 medium yellow onion
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 medium zucchini
- 1 medium yellow squash
- 1 medium potato
- 1 medium tomato
- 1 teaspoon dried thyme
- Salt & pepper
- 1 cup shredded Italian blend cheese
- 1 tablespoon chopped parsley, optional garnish

Directions

- Preheat the oven to 400°F. Dice the onion and mince the garlic. Sauté the onion and garlic with olive oil in a large skillet over medium heat until the onions are soft and transparent (about 5 minutes).
- While the onion and garlic are sautéing, slice the zucchini, yellow squash, tomato, and potato thinly (1/4-inch slices). Make sure the potatoes are very thin so that they soften quickly while in the oven.
- Coat the inside of an 8 by 8-inch casserole dish with non-stick spray. Spread the sautéed onion and garlic in the bottom of the dish. Arrange the other sliced vegetables, stacked vertically like dominos, in an alternating pattern. Season the top of the vegetables generously with salt, pepper, and dried thyme.
- Cover the dish with foil and bake in the oven for 30 minutes. Remove the foil, top with the shredded cheese, and bake without the foil for an additional 15-20 minutes or until the cheese is golden brown. Top with chopped fresh parsley for garnish, if desired.



Nutrition Facts

Serving Size: 1/2 cup (0.0g)
Servings Per Container: 9

Amount Per Serving

Calories 60 Calories from Fat 35

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 90mg **4%**

Total Carbohydrate 4g **1%**

Dietary Fiber <1g **3%**

Sugars 2g

Protein 4g

Vitamin A 6% • Vitamin C 15%

Calcium 10% • Iron 2%