

Layered Vegetable Tower

Recipe By *Elky Friedman*



Cooking and Prep:  2.5 h

Serves:  12

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover

Diet: Vegan, Gluten Free, Low Fat, Low Carb, No Refined Sugar, Vegetarian, Paleo, Pescetarian

Source: Whisk by Ami Magazine

Recently, I went out to eat and the restaurant offered a vegetable appetizer that I decided to try. It was a combination of warm grilled vegetables layered one on top of the other with a delightful balsamic vinaigrette drizzled over it. It was delicious! It was also beautiful! That was my inspiration for this dish. I thought, Why not make this a part of any Pesach menu? It's perfect as a side dish at any meal (or more than one). Especially with all that color, it's so festive.

It has great flavor, looks gorgeous on the serving platter or plated, and of course, it's healthy! Take my word for it: It'll be a hit.

Ingredients (15)

Main ingredients

- 2 large carrots, thinly sliced
- 2 small zucchini, thinly sliced
- 2 small yellow squash, thinly sliced

- 2 red peppers, cut into squares
- 2 yellow peppers, cut into squares
- 4 portobello mushrooms, sliced
- 1 large red onion, sliced into half moons

Marinade

- 1/4 cup oil
 - 1/4 cup Tuscanini Balsamic Vinegar
 - 1/4 cup water
 - 1 tablespoon lemon juice
 - 2 cloves garlic, minced or 2 cubes Gefen Frozen Garlic
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 and 1/2 tablespoons Italian seasoning
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Start Cooking

Marinate

1. Prepare the marinade. In a small bowl, combine the oil, balsamic vinegar, water, lemon juice, garlic, salt, pepper, and Italian seasoning. Set aside.
2. Lay the vegetable slices in a shallow baking pan or baking sheet. Pour the marinade over the vegetables. Cover and refrigerate for at least two hours.

Assemble and Bake

1. Preheat oven to 375°F.
- 2.

Layer vegetables, in alternating colors, in the cups of a muffin pan, ending with the red onion. Layered in the following order: 2 slices carrots, 2 slices yellow squash, 2 squares red pepper, 2 slices Portobello mushrooms, 2 slices zucchini, 2 squares yellow pepper, and red onion. The vegetable stacks will shrink as they bake, so stack generously.

3. Cover and bake for 15 minutes. Uncover and bake an additional 10 minutes. Keep in muffin tins until ready to serve. Remove carefully from muffin tins and place directly on serving platter. Can be served warm or at room temperature.