

Parmesan Grilled Vegetables

Recipe By Chanie Nayman



Cooking and Prep:  30
m

Serves:  4

Contains:    

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Pescetarian,

Sugar Free

Source: Family Table by

Mishpacha Magazine

I kept wanting to test this recipe on a night that I was planning on having fleishigs for dinner and getting stuck with the **six-hours-after-Parmesan rule**.

Hence, it's perfect for the Nine Days. You'll love that it's light and healthy but dairy at the same time.

Ingredients (14)

Main ingredients

- 2 zucchinis, sliced
- 1/2 pound (225 grams) button mushrooms (whole or sliced), or 2 portobello mushroom caps, sliced
- 1 pint cherry tomatoes, whole
- 2 different colored peppers, sliced

- 1 red onion, sliced
- 1/4 cup Bartenura Olive Oil
- 1 tablespoon Bartenura Balsamic Vinegar
- 1 teaspoon Gefen Soy Sauce
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon basil
- 1/2 teaspoon garlic powder
- 1/4 cup grated Parmesan cheese
- 1/4 cup Panko crumbs

Start Cooking

Prepare the Vegetables

1. Preheat oven to 400°F (200°C).
2. Combine olive oil, vinegar, soy sauce, and seasonings, and toss with the veggies.
3. Spread in an even layer on a baking sheet. Sprinkle with Parmesan and Panko crumbs. Bake for 20–30 minutes.