



Moroccan Style Baked Vegetables

Baked vegetables with a twist! Easy to prepare and can be served with a variety of proteins. Serve hot or cold – or add to quinoa for a delicious salad.



Ingredients:

A variety of or all of the following vegetables:

- Carrot, Sweet Potato, Pumpkin (orange)
- Capsicum, Red onion (red)
- Zucchini (green)
- Eggplant, Beetroot (purple)
- Mushroom

(I chop enough to fill a large baking dish)

2 handfuls of baby spinach

1 can chickpeas

¼ cup of low fat feta

Olive oil

Seasoning and herbs: salt, pepper, Moroccan spices (ground cumin, coriander, chilli powder, mixed spice or Chinese 5 spice! I never measure, just sprinkle of each!

Directions:

Chop vegetables keeping in mind that the hard vegetables like – potato, pumpkin, beetroot will take longer to cook than other veggies, so its best to cut them slightly smaller.

Season with olive oil and herbs.

Bake vegetables in a moderate-hot oven (180-200°C) for 30-45 minutes or until soft and caramelized.

I like to serve the vegetables on a bed of fresh baby spinach, with chickpeas and some feta. You can even make as a side dish for lamb or chicken.

You could add 2 cups of cooked quinoa for delicious hearty meal (hot or cold!) and store the leftovers for lunch the next day. This recipe really is so easy and so versatile.