



Roasted Vegetable Casserole

This lovely vegetable casserole is about as “gourmet” as I get. I always try to have enough left over for another meal because everyone loves it so much. It seems no matter how much I make it disappears! Feel free to substitute other vegetables.

Serves 4 (sometimes!)

4 beets

1 tablespoon Olive oil

3 to 4 leeks, cut lengthwise, cleaned, root end and tops removed

2 red onions, each cut into 6 wedges

1 butternut squash or delicata squash, peeled, seeded, and cut into slices about 1 inch thick

Sea salt and freshly ground pepper

Herbamare

3 parsnips, peeled and cut into chunks

2 bell peppers, red and orange or yellow, seeded and each cut into 6 strips

2 fennel bulbs, fronds removed and discarded, cored, cut into 1/2-inch-wide slices, and then halved

2 zucchini, trimmed and sliced into 1/2-inch-wide slices

1/2 pound shiitake mushrooms, stemmed, gills scraped, and sliced about 1 inch thick

Handful fresh thyme leaves

Olive oil cooking spray

1. Put the beets in a steaming basket and steam, tightly covered, over boiling water for 7 to 10 minute, or until fork tender. Drain and set aside until cool enough to handle but still warm. Slip the skins off the beets; they should come right off. Quarter each beet.

2. Preheat the oven to 400°F.
3. Pour enough olive oil into a large casserole, measuring approximately 9-by-12 inches, to coat its bottom. Put the leeks at opposite ends of the casserole and then arrange the onions around the perimeter. Lay the squash slices in the center of the casserole to fill the bottom.
4. Sprinkle salt, pepper, and Herbamare over the vegetables and drizzle with a little olive oil cooking spray.
5. Layer the parsnips, peppers, fennel, zucchini, mushrooms, and beets over the squash and onions, seasoning with salt, pepper, and Herbamare and a drizzle of olive oil cooking spray. Keep making layers and seasoning them until the casserole is tightly packed.
6. Sprinkle with thyme keep tightly covered for 30 minutes. Remove cover and baste with accumulating juices every 20 minutes. Total cooking time will vary depending on how many vegetables you use 1 hour-2 hours. I like when the vegetables get brown.

Per serving: 28 grams carbohydrates, 0 grams protein, 14 grams fat