


French Cuisine


MADE SIMPLE

Oven-Grilled Veggies

Légumes grillés au four

 4 adults

 10 mins prep time

 30 mins total time

 Super easy

INGREDIENTS

- 5 tomatoes (ancient, beefsteak, or your favorite)
- 2 sweet onions
- Optional: your favorite veggies (squash, peppers, etc)
- Olive oil
- basil, oregano, salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 350°F.
2. Tomatoes: the ripper the tomatoes are, the more flavor they will give once cooked. Core the stem out of the tomato and then cut the tomato long ways in even slices.
3. Arrange the tomatoes in rows on a cooking sheet starting with one vertical row in the center and then two rows total on the outside edges. (see photo)



4. Cut and peel two onions similarly. Place the onions around the middle tomato row. This will help give moisture to the onions as they cook. The tray should be in the following rows: tomatoes, onions, tomatoes, onions, tomatoes.
5. Take the olive oil and “paint” generously the top of the tomatoes and onions.
6. Sprinkle your spices: oregano, basil, salt and pepper. If you are using fresh cut herbs put them on at the very end once your veggies are done cooking in the oven. It’s important to put them on at the very end so that the leafy herbs don’t burn. (see step 8)
7. Depending on the thickness of the veggies cut, they can cook from 15 - 25 minutes. You know they are done just before the tops begin to turn slightly brown.
8. Fresh spices: At this moment, turn off the oven, sprinkle your fresh spices on and close the oven again and let the tray sit inside the closed oven for 5 minutes.
9. Using your flipper, gently scoop up the tomatoes and onions.
10. These veggies preserve well in a Tupperware for 5 days and taste just as delicious heated up again. Enjoy!

Bon Appetit!
Emilie Anne 

