

Vegetable Stacks

Great as a light lunch or served as a vegetable accompaniment to a main meal.

Sweet potato, 4 round slices
Butternut pumpkin, 4 round slices
1 tomato, 4 round slices
1 zucchini, 3mm thick round slices
1 capsicum, sliced into 4 pieces
½ onion, sliced into rings
4 portobello mushrooms, wiped clean
1 bunch English spinach
juice ½ lemon
Fresh oregano, basil or parsley to taste
1 cup grated low-fat mozzarella, or 4 bocconcini, sliced

Options

Add sliced roasted beetroot, sliced
Eggplant or sliced artichoke hearts

Brush sweet potato and pumpkin with olive oil and bake at 200°C for 20-30 minutes until cooked and browned. (These can also be steamed first, and then grilled). Brush tomato, zucchini and capsicum with olive oil and then grill or barbecue. Barbecue or fry onion and mushrooms in a little oil, Steam spinach for 3 minutes. On 4 plates, arrange a stack from base up of zucchini, pumpkin, spinach, onion, mushroom, capsicum and sweet potato, and finish with tomato and herbs. Squeeze a little lemon juice over the stack and sprinkle with cheese. Place under grill until the cheese browns and bubbles.

Serves 4

