



Mostly Roasted Veggie Platter



1/6 of recipe: 70 calories, <0.5g total fat (0g sat. fat), 106mg sodium, 15g carbs, 7g fiber, 6.5g sugars, 3.5g protein

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Prep: 10 minutes **Cook:** 25 minutes

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Ingredients

Six 1/4-inch-thick eggplant slices (cut lengthwise from the center of 1 medium eggplant)
1 lb. asparagus, tough ends removed
1 cup sliced red bell pepper
1 cup sliced yellow bell pepper
1/4 tsp. salt
1/4 tsp. black pepper
6 fresh basil leaves
6 cherry tomatoes
3 cups peeled jicama sticks
3 cups sugar snap peas, stems removed

Directions

Preheat oven to 400°F. Spray 2 baking sheets with nonstick spray.

Blot away excess moisture from eggplant slices. Lay eggplant slices and bell pepper strips on one baking sheet, and lay asparagus on the second baking sheet. Season with salt and pepper. Bake for 15 minutes.

Remove baking sheet with the asparagus, and set it aside. Flip the eggplant slices and pepper strips. Bake until tender and lightly browned, about 10 minutes.

Once cool enough to handle, place a basil leaf at one end of an eggplant slice. Top with a cherry tomato, roll up eggplant around the tomato, and secure with a toothpick. Repeat with remaining eggplant, basil, and tomato.

If you like, refrigerate eggplant rolls and roasted veggies until chilled, about 1 hour.

Serve with jicama and snap peas.

MAKES 6 SERVINGS

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