



Noreen's Kitchen

Vegetable Stacks

Vegetarian Sheet Pan Dinner

Ingredients

4 portobello mushroom caps
2 medium sized eggplant
2 large sweet onions
2 zucchini

2 yellow squash
2 cups marinade or dressing of choice
salt and pepper to taste

Step by Step Instructions

Preheat oven to 375 degrees.

Clean the gills from the portobello mushrooms and set aside.

Slice eggplant, and squash into 1/2 inch slices.

Slice onion in 1/2 thick slices and place on skewers to make turning easier. I put two slices per skewer.

Place 1/2 cup of dressing or marinade into a zip top bag and add the mushroom caps. Seal the bag and distribute the dressing to coat the mushrooms. Set aside for 15 to 20 minutes.

Do the same with the rest of the vegetables and allow them to marinate for at least 15 minutes.

Lay the vegetables in a single layer on two sheet pans that you have lined with either foil or silicone mats.

Bake for 20 to 25 minutes or until the vegetables reach your preferred doneness.

Remove from oven and allow to sit for five minutes before preparing the stacks.

Build stacks by arranging a bed of quinoa, rice or couscous on the bottom of the plate and stacking a mushroom cap on the bottom then squash, onion and topping of with a slice of eggplant.

You can sprinkle with parsley or drizzle with more dressing or marinade if desired before serving.

This is a dish best eaten fresh, however leftover roasted vegetable can be chopped and mixed with any of your leftover rice, quinoa or couscous to make a version of tabbouleh salad that you can eat as a lunch the next day.