

Roasted Southern Vegetables

Ingredients for 4 (6-8 as side dish):

- Bell Pepper, 1 red and 1 green
- 2 ripe Plantains (yellow cooking Banana)
- Green & yellow Squash (Zucchini) 1 ea.
- 1 bunch green onions (Scallions)
- 1 handful of mushrooms (Baby Portobello)
- 1 Tomato (optional)
- Fresh Rosemary leaves (1 twig)
- 1 pinch dried Italian herbs & Thyme
- freshly ground Black Pepper & Salt
- 1 tsp. minced Garlic
- Juice of 1 lime
- 1 tbs. Olive Oil

Wash and cut all vegetables into approx. ¼" thick slices or strips. Place in flat dish, season and sprinkle with Olive oil and lime juice; mix gently. Let marinate for about 1 hour.

Pre-heat Cook-N-Dine to 3. When yellow light is off, set temperature to 7.

When reached (yellow light off) spread the vegetables on the cooking center and roast until starting to brown. Turn them with a spatula and roast to your liking.

Serve with fresh French Bread (Baguette).

TIP:

Experiment with different vegetable blends. You also can vary the herbs to your taste.

MAKE A QUICK, HEALTHY LUNCH:

Slice ingredients into smaller pieces (1/4" cubes). Slice Pita breads in half and warm them on the table while vegetables cook. Optional: add a few ounces of small cocktail shrimp. Stuff warmed Pita halves with vegetable mixture. Ready!