



VEGETABLE TIAN

(French Roasted Vegetables)

By Dr. Cindy Tanzar
(Standard/Vegan/Maintenance)

This easy Genesis-adapted southern French dish submitted by one of our clients, Robyn Austin, is traditionally served as roasted vegetables in a shallow earthenware baking dish. It is beautifully arranged with colorful vegetables as a popular summertime recipe made with fresh garden produce. Tian is very similar to Ratatouille (made with eggplant). The only difference is the way it is displayed, in that one is baked, while the other is made on the stovetop.

Makes 7-8 servings. One serving of this recipe is 1 cup and covers your cooked vegetable for one meal.



INGREDIENTS

2 cups Rao's marinara sauce
2 long neck yellow squash
2 zucchinis
4 Roma tomatoes



(can also use eggplant, red onions, etc.)

Garnish with chopped basil, optional

In maintenance, sprinkle with fresh Parmesan cheese!

INSTRUCTIONS

Preheat oven to 375°F. Slice the vegetables evenly and thin. Pour the marinara into an oven-proof skillet or glass/ceramic baking dish. Alternating the vegetables, stack them in a spiral pattern. Cover and cook for 40 minutes.

Remove foil and bake another 20 minutes or until vegetables are tender.