Summer Vegetable Tian

This pretty vegan layered casserole is so simple to make. Its only seasonings are salt and garlic-infused olive oil, which you make by sizzling a clove of garlic in olive oil for about a minute. This dish is lovely warm or room temperature. Serve with crusty bread as a vegetarian entree or alongside roasted meats as a side dish--don't forget a glass of chilled rosé.

Active:

20 mins

Total: 1 hr 30 mins

Servings:

6

Ingredients

Ingredient Checklist

- ⅓ cup extra-virgin Cayenne olive oil (OR Garlic, OR Lemon, OR Chipotle, OR

Rosemary!)

- 1 clove garlic, sliced

- 4 medium tomatoes

- 3 small onions

- 1 medium summer squash

- 1 medium zucchini

- 1 teaspoon sea salt

Directions

Instructions Checklist

- **Step 1**

  Preheat oven to 400 degrees F.

- **Step 2**

  Heat oil and garlic in a small saucepan over medium-high heat until the garlic begins to sizzle, about 1 minute. Remove from heat and set aside.

- **Step 3**

  Slice tomatoes, onions, squash and zucchini into 1/8-inch-thick slices. Standing them up on

their sides, alternate the tomato, onion, squash and zucchini slices in a circular pattern around the edge of a 9-inch deep-dish glass pie pan or similar-size round casserole dish. Make a second alternating circle in the center. Pack the vegetables tightly: they will shrink while baking.

- **Step 4**

Discard the garlic, if desired, and drizzle the vegetables with the oil. Sprinkle with salt. Bake until the vegetables are tender and starting to brown, about 1 hour. Let cool for 10 minutes before serving.

Nutrition Facts

Serving Size: 1 Cup **Per Serving:** 152 calories; protein 1.9g; carbohydrates 8.7g; dietary fiber 2.3g; sugars 5.2g; fat 12.8g; saturated fat 1.8g; vitamin a iu 820.9IU; vitamin c 25.8mg; folate 2.3mcg; calcium 26.9mg; iron 0.5mg; magnesium 24.5mg; potassium 424.8mg; sodium 375.7mg. **Exchanges:**

1 1/2 Vegetable, 2 1/2 Fat