



Recipes

Other Vegetables

Veggie Bake

Prep Time: 20 minutes

Cook Time: 50 minutes

Yield: 4 or more servings

Ingredients:

All the leftover veggies in your fridge

¼ cup olive oil, divided

1 large can chopped tomatoes

1 can chickpeas, drained

1-2 large yams, slices into 1/8-inch-thick sheets

Directions:

1. Preheat the oven to 350 degrees.
2. Chop veggies (not yams) and sauté in 2 teaspoons of oil until soft, 5-10 minutes.
3. Add can of tomatoes and chickpeas. Mix well and remove from heat.
4. Slice yams into thin sheets.
5. Lightly oil a casserole dish and layer the bottom with half of the yams.
6. Spoon out vegetable mixture and spread evenly on top of yams.
7. Layer remaining yams on top of vegetables and lightly drizzle with olive oil.
8. Bake covered for 30 minutes.
9. Take off the cover and turn up temperature to 450 degrees for 10 minutes to crisp up the top later.

Notes:

- Add your favorite spices, like basil, oregano, fennel, cumin, chili pepper or sea salt when adding tomatoes and chickpeas.
- Use a mandolin to slice the yams into even slices.