



Cook time: 30 mins

Serves: 15

Prep time: 30 mins

Roasted Vegetables Toast

Ingredients

Marinade:

- 30g olive oil*
- ¼ tsp. salt
- 1 tsp. black pepper
- 300g button mushrooms, sliced
- 300g green capsicum, sliced
- 300g red capsicum, sliced
- 200g baby corn, thin sliced
- 30 slices of wholemeal bread*
- 150g 100% fat free balsamic dressing
- 300g reduced fat cheese slices*, shredded
- 30 whole cherry tomatoes, halves

*Choose products with the Healthier Choice Symbol.

Tips:

- You can substitute or add on alternative vegetables such as eggplant, zucchini, carrot and corn kernels.
- For cheese lovers, you can lay a slice of cheese over each topped toast. Put it in an oven for a few minutes to melt the cheese over the vegetables.

Method

- Preheat oven to 180°C for 5 mins.
- Line baking sheet with aluminium foil, lightly brush with olive oil and sprinkle salt and black pepper.
- Transfer the vegetables onto the foil and toss them by hand to evenly distribute the oil, salt and pepper.
- Roast the vegetables for 15 mins, or until soft and slightly brown on the edges.
- While the vegetables are roasting, toast bread slices on a non-stick frying pan or griddle over medium heat until both sides are slightly brown.
- Remove bread slices, drizzle a little balsamic dressing (about ½ tsp.) on each slice and top with a light sprinkle of shredded cheese.
- Pile the roasted vegetables onto the prepared toasted bread slices, add 4 halves of cherry tomatoes and use any leftover balsamic dressing to lightly drizzle over the top.

Nutrition Information (Per Serving):

Energy: 220.9kcal
Protein: 12.6g
Total fat: 3.5g
Saturated fat: 1.9g
Carbohydrates: 34.6g
Dietary fibre: 5.3g
Sodium: 371.7mg