



Cooking Together with Lily

Summer Vegetable Tray Bake

Ingredients

- 4 cups of summer vegetables and savory fruits, like:
 - eggplant, zucchini, yellow squash or summer squash,
 - tomatoes, bell peppers, carrots, or red or yellow onion
- 1 15oz can of cannellini beans, drained and rinsed
- 3 tablespoons olive oil
- 1 tablespoon fresh herbs or 1/2 tablespoon dried herbs:
 - oregano, rosemary, thyme, or basil
- 1/2 teaspoon chili flakes (optional)
- 1 teaspoon of salt, plus more to taste
- Pepper, to taste



Directions

1. Preheat the oven to 425° F. Line a baking sheet with parchment paper, if you have a nonstick baking sheet you can skip this step.
2. Wash all of the vegetables well, then chop them into 1-inch pieces. You can dice tomatoes, eggplant, and onions, and slice summer squash and carrots into half-moons. Add the cut vegetables to your baking sheet.
3. Add the cannellini beans to the pan. Drizzle the olive oil over veggies and beans, add the herbs, chili flakes (if using), salt, and pepper to taste. Mix well with a spatula or clean hands. Spread everything out evenly on the baking sheet.
4. Have an adult help you put the pan in the oven. Bake for 20 minutes, then carefully remove the pan and stir.
5. Bake for 15-20 more minutes, or until vegetables are deep brown on the edges and cooked through. Remove from the oven. Taste and adjust salt and pepper if needed.
6. Serve over cooked pasta or rice, or a big salad. Save leftovers in a container in the refrigerator for easy lunches or dinners the next day. Just reheat or serve at room temperature.

Mix It Up

Make this recipe your own by choosing a new combination of summer ingredients each time. Try one or two different vegetables or go for a few different types. You can also use other kinds of beans, such as chickpeas, here as well. Or skip the beans and roast just vegetables for a delicious summer veggie side dish.

Our Favorite Combos:

- **Mediterranean Medley:** 4 cups of a mix of eggplant, peppers, tomatoes, and red onions; 1 can of chickpeas; 1/2-1 tablespoon oregano; serve over pasta or with whole-grain flatbread.
- **Summer Squash Bowl:** 4 cups a mix of summer squash, such as zucchini, yellow squash, pattypan squash, or other varieties; 1 can cannellini beans; 1/2-1 tablespoon herb of choice; serve over rice and top with your favorite salad greens.
- **The More the Merrier Bake:** 4 cups a mix of tomatoes, carrots, bell peppers, zucchini, and red onions; 1 can of beans of choice (optional); 1/2-1 tablespoon rosemary; serve over pasta or rice, or as a side with your meal.