



Vegetables Provençal*

prep time:
15 minutes

cook time:
7 minutes

makes 8 servings

grocery list

ShopRite imported extra virgin olive oil
elephant garlic
fresh zucchini and yellow squash
red bell pepper and yellow bell pepper
carrots and small eggplant
Morton & Bassett Thyme
fresh lemon and fresh basil leaves
La Baleine Sea Salt
Morton & Bassett Whole Black Peppercorns

*Exclusive Chef Faith Alahverdian recipe.

vegetables provençal

- ¼ cup ShopRite imported extra virgin olive oil
- 1 clove elephant garlic, halved and sliced
- 1 zucchini, sliced and cut into half-moon shapes
- 1 yellow squash, sliced and cut into half-moon shapes
- 1 red bell pepper, cut into strips
- 1 yellow bell pepper, cut into strips
- 3 carrots, cut into bias-cut slices (or use waffle cut carrots)
- 1 small eggplant, cut into 2-inch chunks
- ¼ tsp. **Morton & Bassett Thyme**
- Juice of ½ lemon
- 10 fresh basil leaves, chiffonade

La Baleine Sea Salt

Morton & Bassett Whole Black Peppercorns, freshly ground

1. Place large sauté pan on medium-low heat and add olive oil. Stir in garlic and sauté until fragrant, but not golden. Remove from pan and set aside.
2. Add zucchini, yellow squash, red and yellow bell peppers, carrots, eggplant and thyme; increase heat to medium-high. Quickly sauté vegetables until al dente. Remove pan from heat.
3. Add garlic back into pan along with fresh lemon juice and basil. Add sea salt and black pepper to taste. Stir to combine and serve.

Per Serving: 448 calories, 10g carbohydrate, 2g protein, 7g fat, 1g saturated fat, 3g fiber, 0mg cholesterol, 17mg sodium

cook's journal

kitchen tools

- liquid measuring cup
- cutting board
- chef's knife
- measuring spoons
- juicer
- large sauté pan
- spatula

recipe note

Chiffonade is a French term that refers to herbs or other leafy greens that have been cut into long, thin strips. Start by stacking 10 to 15 leaves at a time. Roll them into a tight bundle. Then slice the roll into very thin slices.

a good idea

Substitute baby vegetables for a dramatic look that's great for a special occasion.

