

#LetsCook30

HUMMUS AND ROASTED VEGETABLE TOAST

This recipe is great for lunch or dinner. I love the combination of balsamic vinegar and roasted veggies. A new favourite!

Servings: 4

Ready in about: 20 minutes

1 medium	red pepper, sliced
1 medium	yellow pepper, sliced
1/2 medium	red onion, sliced
10 – 12	mushrooms, halved or sliced
1/2 cup	frozen butternut squash, diced
3 tbsp	vegetable oil
2 tbsp	balsamic vinegar
1/4 tsp	salt
	black pepper, to taste
4 slices	bread
1/2 cup	feta cheese, crumbled
1/2 cup	prepared hummus (recipe if you would like to make your own)

Nutrition Tips

To increase the fibre and reduce the saturated fat in this recipe, we used:

- Whole grain bread
- Low fat feta cheese (20% M.F. or less)

INSTRUCTIONS:

1. Preheat oven to 400° F.
2. Place vegetables on a baking sheet. Drizzle vegetables with the olive oil, balsamic vinegar, salt and pepper. Stir vegetables to coat evenly with oil and vinegar mixture.
3. Roast vegetables in the oven for 12 minutes, stirring halfway through cooking time.
4. Toast the bread and top each slice with 2 tbsp hummus and 2 – 3 tbsp of roasted vegetables. Sprinkle with feta cheese.

TIPS:

- To save time use your favourite pre-made hummus and left over roasted vegetables.
- Use different vegetable combinations.

Adapted from: *Dialaskitchen.com*, DIALA Canelo. Accessed 2019.

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