

Recipe 6: Roasted Vegetables Toast

Main dish

A colourful array of vegetables topped on toasted bread with melted cheese makes this a wholesome toast not to be missed.

Preparation time: 30 minutes

Cooking time: 30 minutes

Serves: 15 children

Per serving = 2 slices of topped toasts (about 164 g)

Ingredients

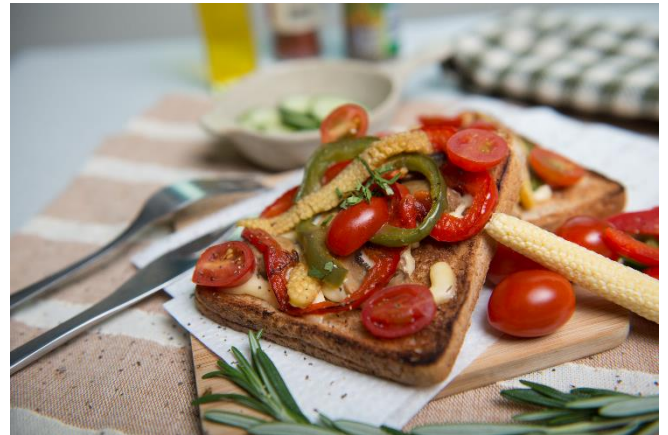
- 30g olive oil*
- ¼ teaspoon salt
- 1 teaspoon black pepper
- 300g button mushrooms, sliced
- 300g green capsicum, sliced
- 300g red capsicum, sliced
- 200g baby corn, thin sliced
- 30 slices of wholemeal bread*
- 150g 100% fat free balsamic dressing
- 300g reduced fat cheese slices*, shredded
- 30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



* Choose products with the Healthier Choice Symbol

Methods

1. Preheat the oven toaster for 5 minutes
2. Line baking sheet with aluminium foil, lightly brush with olive oil and sprinkle salt and black pepper.
3. Transfer the vegetables onto the foil and toss them by hand to evenly distribute the oil, salt & pepper.
4. Roast the vegetables for 15 minutes, or until soft and slightly brown on the edges.
5. 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.
6. Remove bread slices, drizzle a little balsamic dressing (about ½ teaspoon) on each slice and top with a light sprinkle of shredded cheese.
7. 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): 164g
Energy 220.9 kcal
Protein 12.6 g
Total fat 3.5 g
 Saturated fat 1.9 g
Carbohydrates 34.6 g
Dietary fibre 5.3 g
Sodium 371.7 mg

Cost per serving \$ 0.68.

Tips

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