

Roasted Vegetables with Herbed Yogurt

What's for dinner tonight? It helps to have a one of the best organic farms at your beck and call for inspiration. There's always a vegetable in season to slice, dice, then drizzle with oil for roasting. Lay those roasted beauties onto a dollop of herbed Greek yoghurt for a satisfyingly simple main or side dish.

From Executive Chef Reyna Vegas and her team at La Cocina Que Canta.

Ingredients:

4 cups diced seasonal vegetables (*beets, carrots, kohlrabi, fennel, radishes, etc*)
4 garlic cloves, roughly chopped
2 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar
2 cups Greek yogurt
1 lemon, zest and juice
2 tablespoons capers
½ cup fresh herbs, chopped (*fennel fronds, parsley, dill, basil, mint, etc.*)
Salt and pepper, to taste
Edible flowers, to garnish

Method:

1. Preheat the oven at 375 °F.
2. Place the diced vegetables in a bowl, mix in the garlic, and drizzle with the olive oil and balsamic, season with salt and pepper to taste.
3. Transfer the marinated vegetables to a lined sheet pan and roast in the oven 20-25 minutes or until golden brown.
4. Prepare the herbed yogurt by combining the yogurt with the lemon zest and juice, capers, fresh herbs, salt and pepper to taste. Mix well and keep refrigerated.
5. Serve a large dollop of herbed yogurt and place the warm roasted vegetables on top, garnish with edible flowers and enjoy!

¡Buen Provecho!

from the Culinary Team at Rancho La Puerta

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