



Potato and Summer Vegetable Stovetop Casserole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 pound fingerling potatoes peeled cut into 1/4-inch-thick slices
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 garlic cloves thinly sliced
- ☐ 2 tablespoons olive oil divided
- ☐ 1 medium bell pepper red

- ☐ 1 teaspoon sea salt
- ☐ 4 cups thinly vidalia sweet vertically sliced
- ☐ 3 tablespoons water
- ☐ 1 medium bell pepper yellow
- ☐ 1 cup baby squash yellow ()
- ☐ 2 cups zucchini ()

Equipment

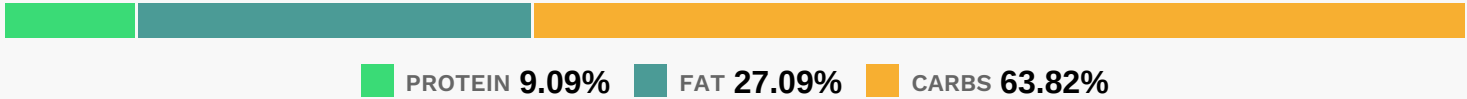
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise, and discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let peppers stand 5 minutes. Peel and cut into strips.
- ☐ Heat 1 tablespoon oil in a deep 10-inch cast-iron skillet over medium heat.
- ☐ Add potatoes, tossing to coat.
- ☐ Spread potatoes in a single layer in pan.
- ☐ Sprinkle with 1 tablespoon basil, 1/4 teaspoon salt, 1/8 teaspoon black pepper, and 1/3 of garlic. Arrange onion, zucchini, and squash over seasonings.
- ☐ Sprinkle with 1 tablespoon basil, 1/4 teaspoon salt, remaining 1/8 teaspoon black pepper, and 1/3 of garlic. Top with roasted bell peppers, remaining 2 tablespoons basil, remaining 1/3 of garlic, and tomatoes.

- ☐ Drizzle remaining 1 tablespoon oil and water over top; sprinkle with remaining 1/2 teaspoonsalt. Cover, reduce heat to low, and cook 25 minutes or until vegetables are tender. Uncover; increase heat to high, and cook 3 minutes or until liquid almost evaporates.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:73.69, Glycemic Load:15.51, Inflammation Score:-9, Nutrition Score:19.615652136181%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg Quercetin: 25.11mg, Quercetin: 25.11mg, Quercetin: 25.11mg, Quercetin: 25.11mg

Nutrients (% of daily need)

Calories: 241.94kcal (12.1%), Fat: 7.7g (11.84%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 40.8g (13.6%), Net Carbohydrates: 34.68g (12.61%), Sugar: 13.29g (14.77%), Cholesterol: 0mg (0%), Sodium: 613.55mg (26.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin C: 148.06mg (179.46%), Vitamin B6: 0.9mg (45.09%), Potassium: 1125.99mg (32.17%), Manganese: 0.63mg (31.69%), Vitamin A: 1437.5IU (28.75%), Folate: 105.39µg (26.35%), Fiber: 6.12g (24.49%), Vitamin K: 19.33µg (18.41%), Magnesium: 68.8mg (17.2%), Phosphorus: 171.92mg (17.19%), Copper: 0.34mg (17.03%), Vitamin B1: 0.24mg (16.05%), Vitamin B3: 2.61mg (13.05%), Iron: 2.29mg (12.72%), Vitamin B2: 0.21mg (12.44%), Vitamin E: 1.85mg (12.36%), Vitamin B5: 0.87mg (8.73%), Calcium: 77.27mg (7.73%), Zinc: 1.04mg (6.91%), Selenium: 1.96µg (2.8%)