

# Veggie Towers

This easy and flexible recipe satisfies picky eaters and uses up whatever vegetables you have on hand

## Ingredients

- Vegetables
  - Zucchini
  - Tomatoes
  - Onions
  - Eggplant
  - Potato
  - Sweet Potato
  - Mushroom
  - Bell Peppers
  
- Drizzle
  - Olive Oil
  - Lemon *juiced* (¼ cup)
  - Lemon *zested* (1 tsp)
  - Garlic *finely chopped* (2 cloves)
  
- Spreads
  - Tomato sauce
  - Pesto
  - White bean garlic
  
- Optional
  - Herbs: rosemary, oregano, basil
  - Cheese mozzarella, feta, goat, ricotta, parmesan, halloumi



## Instructions

1. Sliced vegetables 1/4" thick of roughly the same sized cuts. Drizzle olive oil and sprinkle salt and other flavorings to marinate the vegetables. (this can also be done ahead of time: the night before or morning of).
2. Lay vegetable slices flat on a baking sheet and roast at 400F in an oven or toaster oven.
  - Vegetables can also be grilled or pan fried for 3-5 minutes a side until tender. This recipe can be made raw, just skip the potato and/or eggplant.
3. Make Spread (or skip this step by using store-bought)
  - Red Sauce: combine tomatoes and different herbs, garlic, onion into a pot and heat until fragrant. Ideally cooked down to a thick, saucy consistency.

- White Bean Garlic: In a bowl add white beans and enough water/broth to make creamy. Using a fork, potato masher, or flat bottom of a cup mash beans until creamy texture. Add minced garlic and salt.
  - Pesto: Combine basil, garlic, lemon juice, and nuts (pine nuts are traditional, almonds/cashews/walnuts are also good and more affordable). Parmesan cheese is optional.
4. Stack vegetables, alternating vegetables and different spread/cheese to provide extra structure. Drizzle with lemon garlic olive oil and top with cheese if desired.
- Have fun with it. Who has the tallest tower, the most interesting arrangement, the most different vegetables?

#### Food, Nutrition, and Basic Skills Program

Many students come into the university environment with limited knowledge regarding nutrition, food preparation, grocery shopping, and budgeting. Without these skills, students may experience food insecurity, like skipping meals and eating poorly for the sake of cost or convenience. Attend our free workshops and learn how to cook, take care of your body and manage your finances while learning about your relationship with the world around you.

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