

McDougal's Farm LLC

What's Growing On !

Recipes

Roasted Vegetables over Brown Rice

The following recipe is from Mary G....thanks Mary, it is as simple as it is delicious.

Roasted Vegetables over Brown Rice

Fill a 9 x 13 in. baking dish with rough chopped vegetables:

Zucchini (green or yellow)

Onions

Green pepper

Celery

Cauliflower and/or broccoli

Cherry or grape tomatoes (leave whole)

1 seeded and finely chopped jalapeno pepper

Toss with 3 Tablespoons olive oil and 2 teaspoons McCormick Mediterranean Spiced Sea Salt or Creole seasoning.

Bake at 375 degrees for 20-30 minutes to desired tenderness, stirring once during cooking. Serve over steamed brown rice.