

Roasted Vegetables with Spiced Oil and Olives

Spiced oil:

- ¼ cup extra-virgin olive oil
- 1 clove garlic, peeled and quartered
- ¾ teaspoon cumin seeds
- ½ teaspoon coarsely ground black pepper
- 1/8 teaspoon crushed red pepper flakes
- ¼ teaspoon dried thyme, crushed

Vegetables:

- 1 medium eggplant (450 g)
- 1 large yellow onion, halved, peeled (150 g)
- 2 medium red, yellow or green bell peppers, or a mix of colors (240 g)
- 2 small zucchini (240 g)
- 1 teaspoon coarse kosher salt
- 1 Tablespoon balsamic vinegar
- ¼ cup pitted Kalamata olives (35 g)
- 1/3 cup stemmed parsley leaves

1. To prepare the spiced oil: In a small saucepan, combine the olive oil, garlic, cumin seeds, black pepper, red pepper flakes, and dried thyme. Heat over medium-low heat 5 minutes. Set aside 20 minutes. (Refrigerate the oil if making ahead.)
2. To prepare the roasted vegetables: Heat oven to 425 degrees. Trim the ends from the eggplant and cut lengthwise into quarters. Cut off some of the seedy pulp. Then cut crosswise into ¼-inch thick slices. Cut each half of the onion into thirds. Seed the bell peppers and remove the ribs. Slice into strips about ½-inch wide. Trim the ends from the zucchini and cut lengthwise into quarters. Cut crosswise into ¼-inch thick slices.
3. Combine the vegetables in a large roasting pan. Sprinkle with the salt. Pour the spiced oil over the vegetables, mixing well with a large spoon. Roast the vegetables about 40 minutes, stirring occasionally, until very tender. Remove from the oven. Sprinkle with the vinegar.
4. Coarsely chop the olives and parsley leaves together. The vegetables can be served hot, warm, or at room temperature. Sprinkle the olive-parsley mixture over the top just before serving.

Makes about 10 ½ cups
Per ½ cup serving: 30 mg phe

Recipe from *Cooking with Spices for Dummies* by Jenna Holst, published in *The Seattle Times*, May 22, 2002.



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