

MAY 2007 PASTORAL ACTION TEAM RECIPES

Roasted Veggie Topped Baked Potatoes

Large baked Potatoes

Chopped fresh vegetables: broccoli, cauliflower, carrots, onions, colorful bell peppers, mushrooms, summer squash and eggplant are good ideas.

Olive oil

Garlic salt

Soy sauce (I use **low** salt Kikkoman's)

Parmesan cheese

Italian or other spices

Bake potatoes 'till soft when squeezed, cool slightly and slice large ones in half and smaller ones may just be "topped." Place on serving dish with a little squeeze so the potato breaks up a bit. Place veggies in a large bowl and mix well with enough oil, garlic salt, soy sauce and parmesan cheese to smell wonderful and be moist. Then I add some Italian spices or other flavors to suit the mood. Don't be afraid to taste since raw veggies are great. Let this mixture sit awhile if you have time then spread on a large, foil or parchment lined cookie sheet in a single layer. Bake In hot 400* oven; 35min. medium 350* oven; 45min. or adjust to your liking. Just check when it's near time as some veggies brown quickly. Done is a personal preference as some like soft cooked veggies and some like them crisp. Top the potatoes with the veggies, don't be too neat, let some fall over the plate and sprinkle with a little more of the Parmesan-it's really yummy to use the freshly grated if possible for this step. This is a great way to get vegetables in reluctant diners of all ages. Feel free to add a dollop of sour cream or shredded cheese but it really does not need the flavor. Experiment with various veggies.