



MEDITERRANEAN VEGETABLE BOWL WITH GARBANZO BEANS

Appliance: **Combi Microwave**

Servings: **4**

This colorful combination of flavorful vegetables can be served over a grain bowl or enjoyed as an accompaniment to roasted meats, fish or poultry. For added flavor, garnish the cooked vegetables with some fresh herbs such as oregano, mint and dill and crumbled Feta cheese.

Ingredients

2 medium eggplant, cubed
2 large zucchini, cut in quarters lengthwise and cubed
1 white onion, cut into ½" (1 cm) chunks
4 cloves garlic, minced
1 red pepper, seeds removed, cut into ½" cubes
1 yellow pepper seeds removed, cut into ½ cubes
1 tsp herbs de Provence
2 tbsp (30 mL) olive oil
Salt to taste
1 15oz (425 g) garbanzo beans, rinsed
Feta cheese for serving

Instructions

To heat the oven, select the Convection mode with the left control knob and set the temperature to 375°F with the right control knob. Touch Play to start.

The prepared vegetables can be combined in a bowl, tossed with the seasoning and olive oil and spread onto the glass oven tray for cooking or they can be placed individually on the tray.

Cook the vegetables for 20 minutes and fold the garbanzo beans in for the final 10 minutes of cooking.

Sprinkle the vegetables while warm with Feta cheese and chopped fresh herbs before serving.