

# Adobo-Inspired Vegetables

## 6 Servings



rediscover  goodness  
**OLDWAYS**

### Ingredients

- 1 medium head cauliflower, cut into florets
- 2 small zucchini, halved lengthwise and cut into half-moon shapes
- 4 medium carrots, sliced into rounds
- 2 tablespoons olive oil
- ¼ cup water
- ¼ cup rice vinegar
- ¼ cup fresh lime juice

### Instructions

1. Preheat the oven to 425°F. Arrange the chopped cauliflower, zucchini, and carrots on a baking sheet. Drizzle lightly with olive oil and roast for 15 minutes.
2. Mix together water, vinegar, lime juice, soy sauce, sugar, garlic, black pepper, bay leaf, and chile in a large pan over medium heat.

- 2 tablespoons reduced sodium soy sauce
- 2 teaspoons brown sugar
- 5 cloves garlic, minced
- 2 teaspoons ground black pepper
- 1 bay leaf
- 1 Thai red chile, seeded and diced

Optional for serving: chopped fresh herbs, such as parsley or scallions; and/or cooked rice

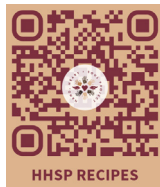
Add the roasted vegetables, cover, and let cook 5 minutes.

3. Uncover and cook 10–15 minutes more, stirring occasionally, until the vinegar sauce thickens and the vegetables are soft.
4. Sprinkle with herbs and serve warm, with rice if desired.

*An Oldways recipe, courtesy Hannah Depin*



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