

Adobo-Inspired Vegetables

6 Servings



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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
 $\frac{1}{4}$ cup water
 $\frac{1}{4}$ cup rice vinegar
 $\frac{1}{4}$ 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

3. Add the roasted vegetables, cover, and let cook 5 minutes.
4. Uncover and cook 10–15 minutes more, stirring occasionally, until the vinegar sauce thickens and the vegetables are soft.
5. Sprinkle with herbs and serve warm, with rice if desired.

An Oldways recipe, courtesy Hannah Depin



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