

Pan Roasted Potato and Goat Cheese Bake

This bake offers up colour, flavour and ease appeal by “roasting” the vegetables in a skillet. This not only is great out of the oven but also perfect served up at room temperature.

2 tbsp (25 mL) extra virgin olive oil
2 shallots, thinly sliced
2 cloves garlic, chopped
4 round Ontario potatoes, chopped
2 small zucchini, thinly sliced
1 red pepper, chopped
1 tbsp (15 mL) chopped fresh thyme
3 tbsp (45 mL) balsamic vinegar
1/2 tsp (2 mL) each salt and pepper, divided
1 pkg (4 oz /125 g) goat cheese
5 eggs
1 cup (250 mL) half and half cream

In large skillet, heat oil over medium heat. Cook shallots and garlic 3 minutes or until softened. Add potatoes and stir to coat. Cover and cook, stirring occasionally, about 15 minutes or until tender. Increase heat to medium high and add zucchini, red pepper and thyme and cook about 4 minutes or until golden. Remove from heat and add vinegar and half each of the salt and pepper. Let cool slightly.



Spread vegetables in shallow 6-cup (1.5-L) greased casserole dish. Crumble goat cheese over vegetables. In bowl, whisk together, eggs, cream and remaining salt and pepper. Pour over vegetable mixture and bake in 350 F (180 C) oven about 45 minutes or until knife inserted in centre comes out clean.

Individual Option: Use eight 1-cup (250-mL) ramekins/small casserole dishes and reduce baking time to about 30 minutes.

Per each of 6 servings: 330 calories, 12 g protein, 21 g fat, 23 g carbohydrates, 2 g fibre, 350 mg sodium, 500 mg potassium

Excellent Source of Vitamin C, Source of Calcium, Folate and Iron, Source of Vitamins B1 and B2