RECIPE

Roasted potato, zucchini and tomato tray (briam)

A Greek dinner of potato, zucchini and onion roasted on one pan in olive oil, finished in a thick tomato glaze, with no meat or dairy.

MAKES

6 servings US Metric

TOTAL

1 h 25 min

Ingredients

- [ ] 4 medium potatoes (about 1¾ lb), scrubbed, skins on, cut in ¾-inch chunks (about 11 cups)
- [ ] 3 medium zucchini, cut in ½-inch-thick half-moons
- [ ] 1 large onion, cut in wedges
- [ ] 5 tbsp olive oil
- [ ] 2 tsp garlic powder
- [ ] 2 tsp dried oregano leaves
- [ ] 1 tsp salt
- [ ] ½ tsp ground black pepper
- [ ] 1 can (14.5 oz) no-salt-added diced tomatoes, juice and all
- [ ] 2 tbsp no-salt-added tomato paste
- [ ] ½ cup chopped fresh parsley
- [ ] 1 tbsp red wine vinegar

Method

1. Heat the oven to 425 °F with a rack in the lower third. Toss the potatoes on a 13 × 18-inch rimmed baking sheet with 3 tbsp of the oil, 1 tsp of the garlic powder, the oregano and ½ tsp of the salt. Spread them out and roast 20 minutes.

2. Toss the zucchini and onion in a bowl with the other 2 tbsp oil, the other 1 tsp garlic powder, the other ½ tsp salt and the pepper. Stir the potatoes on the pan, scatter the zucchini and onion over them and roast 15 minutes more.

3. Stir the tomato paste into the ¼ cup water until smooth, then stir in the diced tomatoes. Pour it over the pan and stir so every piece is wet. Roast 25 minutes, stirring once halfway.

- [ ] ¼ cup water, to loosen the tomato paste

4. It is done when a potato chunk gives easily to a fork, the zucchini is soft with browned edges and the tomato has thickened into a glaze. If the pan still looks wet, give it 5 minutes more.

5. Off the oven, stir in the vinegar and the parsley. Taste; add more vinegar, not salt, if it needs a lift. Divide in six.

6. Cool leftovers within 2 hours (1 hour if the room is above 90 °F; CDC), then refrigerate. Reheat to 165 °F (USDA FSIS).