

Grilled Vegetable Stacks with Semi-Dried Tomato Pesto

Sweet Spice Blend
Balsamic Dressing

Serves 1

Preparation time 10 minutes

Cooking time 15 minutes

Ingredients:

1 large flat Portabella mushroom, stem removed*

50g red pepper, sliced thickly lengthways*

50g zucchini sliced thickly lengthways*

1 clove garlic crushed

1 teaspoon Xylitol

1 teaspoon finely grated lemon rind

Handful rocket*

60g of ricotta cheese*

Pesto

3 semi-dried tomatoes*

¼ cup fresh basil leaves

2 tablespoons water

1 tablespoon of Balsamic Dressing

Method:

1. Preheat oven to 200°C.
2. Sprinkle vegetables with garlic, **Xylitol**, lemon rind and lightly spray with olive oil.
3. Cook peppers, zucchini and mushroom on a heated grill plate for 5 minutes.
4. Place mushroom stem side up on a baking tray, layer with ricotta then slices of peppers and zucchini. Bake for 10 minutes.

To make pesto

1. Blend or process tomato and basil until mixture forms a paste.
2. With motor running add **Balsamic Dressing** and water until pesto is smooth.
3. Serve vegetable stack on a bed of rocket and drizzle with pesto.

* Adjust weight to your portion size



...Cook's Tips

Extra servings:

To increase servings to include the rest of the family simply times ingredients by how many servings are required. (e.g. 4 x teaspoons of Sweet Spice Blend. etc for four people)

Serve on toasted Healthy Way Bread