

Briam (Greek Roasted Vegetables)

Yield: 4 min
Total Time: 95 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-vegetable-briam-recipe>

Ingredients:

- 1 1/4 pounds gold potatoes sliced into 1/2-inch thick rounds, about 3 medium potatoes
- 1 1/4 pounds zucchini sliced into 1/4-inch thick rounds about 2-3 zucchini
- 1 large red onion sliced into 1/2-inch thick rounds then cut in half
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/2 cup fresh parsley chopped
- 2 teaspoons dried oregano
- 2 teaspoons fresh rosemary chopped fine
- 4 garlic cloves minced
- 1/4 cup olive oil
- 28 ounces tomato puree or passata

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 43 grams
3. Fat: 14 grams
4. Fiber: 11 grams
5. Protein: 10 grams
6. SaturatedFat: 2 grams
7. Sodium: 1120 milligrams
8. Sugar: 15 grams

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