

Summer Vegetable Tian

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-tian-recipe>

Ingredients:

- 3/4 cup olive oil plus more for greasing pan
- 1/2 yellow onion large, diced
- 1 red bell pepper seeded and cut into 1/8-inch strips
- 5 garlic cloves minced
- freshly ground pepper Salt and, to taste
- 3 zucchini small, cut into 1/8-inch rounds
- 2 squash small crookneck, cut into 1/8-inch rounds
- 1 teaspoon fresh rosemary finely chopped
- 1 teaspoon chopped fresh thyme finely
- 1 pound plum tomatoes cut into 1/8-inch rounds
- 1/2 cup parmigiano reggiano cheese grated
- 1/2 cup bread crumbs fine dried

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 5 milligrams
4. Fat: 30 grams
5. Fiber: 4 grams
6. Protein: 6 grams
7. SaturatedFat: 5 grams
8. Sodium: 210 milligrams
9. Sugar: 8 grams

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