

# Grilled Veggie Primavera Parmesan

- Prep Time: 15 minutes
- Cook Time: 30 minutes
- Total Time: 45 minutes
- Servings: 5



## Ingredients:

---

- 1 yellow onion, chopped
  - 2 cloves garlic
  - 2 tablespoons Simply Nature Organic Coconut Oil
  - 1 tablespoon Stonemill Iodized Salt, divided
  - 1 tablespoon Stonemill Ground Black Pepper, divided
  - 1/2 tablespoon Stonemill Italian Seasoning
  - 1/2 tablespoon Stonemill Basil Leaves
  - 1/2 cup Winking Owl Merlot
  - 28 ounces Happy Harvest Crushed Tomatoes
  - 28 ounces Simply Nature Organic Diced Tomatoes
  - 1/4 cup Carlini Balsamic Vinegar
  - 1/3 cup Baker's Corner Brown Sugar
  - 1 eggplant, peeled and sliced into 1/4-inch rounds
  - 1 yellow squash, sliced 1/4-inch thick
  - 1 zucchini, sliced 1/4-inch thick
  - 1 pint button mushrooms, halved
  - 5 ounces Simply Nature Organic Baby Spinach
  - 1 cup Happy Farms Shredded Mozzarella Cheese
- 

## Directions:

1. Preheat oven to 375°.
2. In a food processor, pulse together onion and garlic.
3. In a large stock pot, heat oil over medium-high heat. Add onion and garlic, sauté until soft and fragrant.
4. Add 1/2 tablespoon salt and pepper, Italian seasoning and basil and cook for 1 minute. Deglaze pan with wine. Add tomatoes, vinegar and brown sugar; simmer for 20 minutes.
5. Heat grill to medium-high heat. Season eggplant, squash, zucchini and mushrooms with remaining salt and pepper. Grill for 2 minutes each side.
6. In a 13x9-inch casserole dish, cover bottom of pan with 1 cup of tomato sauce. Layer with grilled vegetables, 1 cup of sauce, spinach, 1 cup of sauce and cheese. Cook for 20 minutes, or until the cheese is melted and bubbly.

**Tip: Freeze remaining sauce for up to 1 month.**



Recipe Courtesy of:  
ALDI Test Kitchen