ROASTED VEGETABLES W/ ITALIAN DRESSING (ACCOMPANIMENT)

Cherry Tomatoes Stuffed w/ Cheese & Herbs (ACCOMPANIMENT)

2 potatoes, peeled & cut into 1-inch chunks
2 carrots, peeled & cut into 1-inch chunks
1 large purple onion, cut into wedges
1 medium zucchini, cut into 1-inch chunks
2 bell peppers, cut into 1-inch chunks (2 different colors)

1. Preheat oven to 425°. Parboil potatoes and carrots in boiling water to cover for 2 minutes. Drain well. In a large bowl, combine the parboiled vegetables with the balance of the vegetables.
2. To make the Dressing, (see back of card) whisk together all the ingredients.
3. Toss the vegetables with the dressing. Place the vegetables in a single layer on a large un-oiled baking tray and bake, stirring every 15 minutes or until vegetables are tender.

8 oz. cottage cheese or non-fat yogurt cheese
2 tablespoons minced fresh parsley leaves
1 tablespoon minced fresh thyme leaves
1 tablespoon minced tarragon leaves
1 tablespoon minced fresh oregano leaves
2 tablespoons lemon juice
1/2 tablespoon red wine vinegar
1/4 teaspoon salt
1/4 teaspoon pepper
basil sprigs
balsamic vinegar

1. Combine all ingredients in a food processor or mix by hand in a bowl.
2. Cut tomatoes in half and scoop out the seeds.
3. Fill each half with the cheese mixture and garnish with a sprig of herb and a drop of balsamic vinegar.

Adapted by Sandy Buworth, Manager, Green Garden Café, College of Human Resources and Education, Virginia Tech