

# EASY BAKED FETA WITH VEGGIES

COURSE: DINNER, OVEN RECIPES, SIDES TIME: MAX 30 MIN

CALORIES: 450 - 650 KCAL DIET: EGG-FREE, GLUTEN-FREE

PREP TIME: 10 MINUTES COOK TIME: 30 MINUTES

TOTAL TIME: 40 MINUTES SERVINGS: 2 PEOPLE CALORIES: 505KCAL



## INGREDIENTS

- ½ cup brown rice (uncooked) (this is optional, and our favourite side)
- 5 oz low fat feta cheese (use regular if you prefer)
- 1 tbsp olive oil
- 2 tbsp basil, dried (fresh is fine)
- 2 tbsp parsley, dried (fresh is fine)
- 1 clove garlic
- 1 onion (red or white)
- 1 red bell pepper (your fave colour)
- 2 good handful cherry tomatoes
- 1 chili / jalapeño
- 1 handful olives
- 10 tbsp water
- Salt to taste

## OPTIONAL

- 4 tbsp hummus
- 1 handful mushrooms (sliced)

## INSTRUCTIONS

1. Preheat the oven to 180°C (360°F).
2. Cook the **brown rice** according to package instructions.  
½ cup brown rice
3. Cut the **cheese** into two equal, thin pieces and lay in baking tray.  
5 oz low fat feta cheese
4. Layer half the **dried herbs** over the cheese.  
2 tbsp basil, dried, 2 tbsp parsley, dried
5. Chop **all veg** (and **garlic**) into small pieces and chuck in a bowl.  
1 clove garlic, 1 onion, 1 red bell pepper,  
2 good handful cherry tomatoes, 1 chili / jalapeño,  
1 handful olives, 1 handful mushrooms
6. Add the **oil, salt, water** and the other half of the **herbs** and mix well. (If using fresh herbs all go into this mix so they won't burn).  
1 tbsp olive oil, 10 tbsp water, Salt to taste
7. Place the veg mixture on and all around the cheese.
8. Bake for 30 mins or until veg becomes soft.
9. Serve with brown rice and **hummus**.  
4 tbsp hummus
10. Done!

## NUTRITION

Calories: 505kcal | Carbohydrates: 58g | Protein: 23g | Fat: 22g | Saturated Fat: 7g | Cholesterol: 38mg | Sodium: 911mg | Potassium: 561mg | Fiber: 7g | Sugar: 9g | Vitamin A: 2484IU | Vitamin C: 118mg | Calcium: 109mg | Iron: 4mg