

Foodnity Recipes

Vegetable Gratin with Parmesan Crust

25 min Prep time	**35 min** Cook time	**1 h** Total time
6 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

The Vegetable Base

- [ ] 1 tablespoon olive oil
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 cup zucchini, sliced
- [ ] 1 cup carrot, sliced
- [ ] 1 cup bell pepper, diced
- [ ] 1 cup green beans, trimmed

The Creamy Sauce

- [ ] 2 tablespoons butter
- [ ] 2 tablespoons all-purpose flour
- [ ] 1 1/2 cups milk
- [ ] 1 teaspoon dried thyme
- [ ] Salt and pepper to taste

The Topping

- [ ] 1 cup grated Parmesan cheese
- [ ] 1 tablespoon chopped fresh parsley

Instructions

1. First things first, go ahead and preheat your oven to 375°F (190°C). While that's warming up, just lightly grease your 9x9-inch baking dish with a bit of olive oil or butter so nothing sticks. It's the little things, yeah?

2. Warm up that 1 tablespoon olive oil in a skillet over medium heat. Toss in the diced onion and let them sauté until they're soft and translucent—usually takes about 3-4 minutes. The smell is just lovely.

3. Now, stir in the minced garlic, zucchini, carrot, bell pepper, and green beans. Keep them moving occasionally until the vegetables are just tender, which should be about 5-6 minutes. Season it all with salt, pepper, and that 1 teaspoon dried thyme. Honestly, don't overcook them here; they'll finish in the oven.

4. Carefully transfer those colorful cooked vegetables into your prepared baking dish and spread them out evenly. Look at those colors!

5. Time for the sauce. In a small saucepan over medium heat, melt the 2 tablespoons butter. Whisk in the 2 tablespoons all-purpose flour to make a roux—just cook it for 1 minute. Then, slowly whisk in the 1 1/2 cups milk, a tablespoon at a time. Be patient here, so it thickens up into a nice, creamy consistency without lumps.

6. Give your sauce a little taste and season with salt and pepper. Pour it right over the vegetables in the dish, gently stirring just enough to make sure every little veggie is coated.

7. Sprinkle that 1 cup grated Parmesan cheese evenly across the top. I like to add the 1 tablespoon chopped fresh parsley now too—it adds such a bright pop of color and freshness.

8. Pop the dish into the preheated oven and bake for 30-35 minutes. You're looking for that beautiful golden brown crust on top and the sauce bubbling around the edges. Wow, it smells amazing.

9. Remove it from the oven, but wait! Let the gratin rest for about 5 minutes. It helps the sauce set just a bit before you serve it warm.

Nutrition per serving

280 kcal	12 g	16 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Letting the dish rest for 5 minutes is key for the texture.
- Using a roux ensures the sauce stays creamy and doesn't separate.
- The vegetables should stay slightly crisp in the skillet since they cook further in the oven.