

Roasted Vegetable Pie

Summary

Yield	Servings
Source	wailana
Prep time	10 minutes
Cooking time	30 minutes
Total time	40 minutes

Description

Roasting vegetables really seems to concentrate and enhance their natural flavors. Red bell peppers, tomatoes, and onions always seem to taste much sweeter when roasted, the flavor of mushrooms seems much deeper, and zucchini, which can often be somewhat tasteless, seems to have a richer flavor than usual. Try varying the vegetables in this pie according to what's fresh and abundant, and try adding other ingredients such as olives and artichoke hearts if you like. If you're pressed for time, you can prepare the pie crust and cream filling ahead of time and store in sealed containers in the refrigerator.

Image not found

[Roasted Vegetable Pie - Wai Lana Recipe](#) 

Ingredients

2
Large tomatoes, cut into wedges
10
Button mushrooms, halved
2
Medium zucchini, halved crosswise, then quartered lengthwise
8
Asparagus spears, stalks trimmed
1/2
Onion, sliced
1
Green or red bell pepper, cut into thick strips

Vegetable oil spray
1/2 tspn
Each salt and pepper
1 c
Unbleached white flour

1²/₃ c
Whole wheat pastry flour
1 tspn
Egg replacer powder
1²/₂ tspn
Baking powder
3 Tbsp
Nutritional yeast
1⁷/₈ tspn
Salt
1³/₄ c
olive oil
6 Tbsp
Water
3³/₄ c
Silken tofu
1 Tbsp
Eggless mayonnaise
1²/₂ Tbsp
Lemon juice
1 tspn
Granulated fructose
1²/₂ Tbsp
Dijon mustard
1¹/₆ tspn
Black pepper
1⁷/₈ tspn
Salt
1²/₂ c
Vegetable broth
2 tspn
Cornstarch mixed with 1 Tbsp. water

Instructions

1. Preheat the oven to 350°F. Lightly oil 2 large baking trays. Place the wet vegetables such as the tomato and mushrooms on one tray and the zucchini, asparagus, onion, and bell pepper on the other. Spray the vegetables with the vegetable oil spray and sprinkle with salt and pepper. Bake for 20-30 minutes until just tender. Remove and set aside.
2. Raise the oven temperature to 375°F. Mix the next 6 pastry ingredients together in a bowl. Add the oil and rub in until evenly crumbly. Add just enough water to form a soft ball. Roll the dough on a floured counter into an 11-inch circle about 1/8 inch thick.
3. Spray or oil a 10-inch pie plate. Press the pastry into the plate. Trim and flute the edges and prick the base with a fork. Bake for 20 minutes until lightly browned.
4. Blend the next 7 ingredients until smooth to make a cream filling.
5. To assemble, spread the 1 Tbsp. Dijon mustard evenly on the base of the crust. Spoon the cream filling on top. Bake for another 20 minutes. Remove from the oven and place the roasted vegetables in the crust in an attractive circular pattern, or however you wish.
6. Place the broth in a small saucepan and bring to a boil. Gradually add the cornstarch mixture and whisk constantly until thickened. Drizzle the glaze on top of the vegetables. Cool before slicing.

Notes

Option: Try other toppings such as artichoke hearts, olives, yellow tomatoes, etc. Also, you can make the filling and the crust ahead of time. Keep refrigerated until ready to use.

Nutritional Information Per Serving:

Calories: 200, Fat 8.4g (74 cal), Carbohydrate 25.2g (101 cal), Protein 6.2g (25 cal)

Added information: Saturated Fat 1.1g, Cholesterol 0mg, Sodium 319mg, Dietary Fiber 3.4g

Source URL: <http://www.wailana.com/lifestyle/recipe/roasted-vegetable-pie>