

# Summertime Grilled Veggies Over Homemade Labneh



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PROJECT

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During the summer months, I am always looking for new and easy ways to serve the vegetables that come out of my garden. This recipe is not only fast and easy to make, but the final product is visually stunning, showing off the colors and varieties of your produce. Make this for a family meal or even at an outdoor barbecue for an exciting and flavorful side dish.

## **Ingredients**

Labneh Sauce:

- ½ cup of Greek Yogurt
- 1/4<sup>th</sup> cup of Tahini
- Half Lemon for juicing
- Fresh herbs (I used thyme and rosemary)
- Salt and pepper

Grilling:

- 3 Carrots
- 1-2 Zucchini/ Yellow Squash
- Onions
- Lemon wedges
- Other veggies could be peppers, fennel, leeks, eggplant, etc.

Topping:

- Pumpkin seeds, sunflower seeds or pine nuts
- Butter
- Sumac (optional)
- Green onions (optional)

## Directions

1. Clean vegetables and cut them into wedged pieces. Carrots can be cut in half long ways and then cut the halves again to create long spears. Cut small onion in half and big onions in fourths.



2. If using zucchini or squash, salt and place them in a colander to drain their water content. Let drain for 5-10 min.
3. Place cut vegetables in a big bowl tossing them in olive oil, fresh herbs, salt and pepper.



4. Make Labneh by combining Greek yogurt, tahini, half a lemon's juice, herbs, and salt and pepper to taste. If it is too thick add a splash of water. It should be the consistency of a thick creamy dressing.
5. Spread labneh on the bottom of a rimmed plate. I used a nice ceramic pie dish.
6. Make topping by adding a tablespoon of butter to a small sauté pan over medium high heat. When butter is melted add a handful of seeds to the butter (the amount is up to you. I usually use about 1/8<sup>th</sup> cup). Continue to toss seeds in hot butter until just toasted. Turn off heat, add a pinch of salt and set aside.
7. Set grill to medium heat. Clean and prepare grill.
8. Grill vegetables over medium heat turning once half way through to get nice grill marks. Take vegetables off the grill when they feel soft all the way through, but before they turn too dark or go mushy. I like to try one and see how it is before taking the rest off. Carrots take the longest whereas zucchini is ready quickly (in about 10 min).



9. Place grilled vegetables carefully on top of the labneh.
10. Sprinkle seeds on top of the vegetables and pour any of the remaining butter over top. If you have sumac, sprinkle on for the nice added tang, add some green onions, and if you grilled any lemon wedges, serve on the side of your vegetables to be squeezed over right before eating.



11. Enjoy!