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Description

Bring the vibrant flavors of the French countryside to your kitchen with this elegant Provençal Vegetable Tian. Tender slices of zucchini, yellow squash, eggplant, and ripe tomatoes are layered over a savory, herb-infused garlic tomato base and baked to perfection. This naturally low-carb dish delivers a rich spectrum of Mediterranean flavors and textures, making it a crowd-pleasing side dish or lightweight main course that fits seamlessly into your healthy eating goals.

Can This Vegetable Tian Support Weight Loss Goals?

Yes, this Vegetable Tian is an exceptional dish for supporting weight loss goals. It relies on nutrient-dense, low-calorie vegetables packed with dietary fiber and natural moisture, which helps promote volume-based fullness without excess calories. When paired with your favorite high-protein main courses like grilled chicken, turkey, or tofu, it adds luxurious taste and bulk to your plate while helping you maintain a natural caloric deficit.

Does Vegetable Tian Fit a High Protein Lifestyle?

While traditional vegetable tian is inherently plant-based and light, it pairs perfectly into a high-protein lifestyle as an nutrient-rich, low-carb side dish. Made with fresh zucchini, eggplant, tomatoes, olive oil, and aromatic herbs, a standard serving contains just around 4-5 grams of net carbs. To boost its protein profile directly, you can easily crumble low-fat goat cheese, feta, or unflavored protein powder into the tomato base, or serve it alongside lean meat to create a complete macro-balanced meal.

My Personal Experience

- Visually Stunning Dinner Presentation

Arranging the colorful vegetable slices in alternating rows never fails to impress guests while keeping hands-on prep time surprisingly low.

- Mouthwatering Herb Infusion

Baking the vegetables slowly allows them to absorb the garlic and Herbes de Provence, resulting in deep, savory flavors throughout every bite.

- Versatile Meal Prep Side

I love roasting a large baking dish on Sunday to pair with grilled chicken breasts or broiled salmon all week long without losing texture.

Perfect For:

- Low-Carb & Keto Diets: Naturally low in net carbs and rich in wholesome, fiber-rich garden vegetables.
- High-Protein Meal Pairing: The ultimate low-calorie side dish to accompany grilled chicken, steak, or baked tofu.
- Summer & Autumn Dinners: Ideal for using up fresh produce from the garden or farmer's market during peak harvest.

- Dinner Parties & Gatherings: An eye-catching, healthy dish that looks gourmet with minimal effort.

Why You'll Love This Recipe:

- Vibrant & Nutrient-Dense

Loaded with vitamins, antioxidants, and fiber from four distinct fresh garden vegetables in every serving.

- Simple, Clean Ingredients

Uses basic whole foods and Mediterranean pantry staples like olive oil, garlic, and dried herbs.

- Effortless Batch Cooking

Reheats beautifully throughout the week without becoming overly soggy if sliced at uniform thickness.

Common Mistakes to Avoid:

1. Uneven Slicing Thickness: Slicing vegetables into different thicknesses causes them to bake unevenly; use a mandoline for uniform slices.
2. Overcrowding with excess liquid: Tomatoes release natural juices; baking uncovered for part of the time allows excess moisture to evaporate so the top roasts properly.
3. Under-seasoning the Layers: Only seasoning the top leaves the bottom vegetables bland; be sure to salt and herb the tomato base dish generously before layering.
4. Skipping the Foil Cover: Baking uncovered the entire time will dry out or burn the top edges before the thick eggplant slices become tender.

Required Equipment:

- Mandoline Slicer or Sharp Chef's Knife: Ensures paper-thin, uniform vegetable rounds for even cooking and beautiful presentation.
- Oval or Rectangle Baking Dish (9×13 inch): Holds the layered vegetable slices snugly while roasting evenly.
- Garlic Press: Quickly minces fresh garlic to distribute flavor evenly through the tomato base.
- Pastry Brush: Helps coat the top vegetable edges with olive oil for ideal roasting and browning.

Storage Instructions:

Allow the tian to cool completely before transferring to an airtight glass container. Store in the refrigerator for 4 to 5 days. For freezing, place cooked portions in a freezer-safe dish for up to 2 months, though fresh or refrigerated storage is recommended to maintain optimal vegetable texture. Reheat gently in an oven or toaster oven at 350°F (175°C) until warm.

Recipe Details

- Preparation Time: 20 minutes
- Cooking Time: 45 minutes
- Total Time: 65 minutes
- Servings: 6 servings
- Best Season for This Recipe: Summer / All-Season
- Total Calories (Per Serving): ~115 kcal (*approximate estimate*)

A classic French baked dish featuring vibrant layers of tender zucchini, eggplant, and ripe tomatoes.

Infused with aromatic garlic, olive oil, and herbs for a light yet satisfying Mediterranean side.

An approximate estimate yields just 115 calories per generous, nutrient-packed serving!

□ Ingredients:

- 2 medium Zucchini (*sliced into 1/8-inch rounds*)
- 2 medium Yellow Squash (*sliced into 1/8-inch rounds*)
- 1 medium Chinese or Japanese Eggplant (*slender variety, sliced into 1/8-inch rounds*)
- 4 medium Roma Tomatoes (*sliced into 1/8-inch rounds*)
- 1/2 cup (120g) Crushed Tomatoes or Tomato Sauce (*for the dish base*)
- 1/2 cup (75g) Yellow Onion (*finely diced*)
- 3 cloves Fresh Garlic (*minced*)
- 2 tbsp (30ml) Extra Virgin Olive Oil (*divided*)
- 1 tsp Herbes de Provence (*or dried thyme/rosemary blend*)
- 1/2 tsp Sea Salt (*divided, to taste*)
- 1/4 tsp Black Pepper
- 2 tbsp Fresh Parsley or Basil (*chopped, for garnish*)

Directions:

1. Prepare the Oven & Tomato Base: Preheat your oven to 375°F (190°C). Heat 1 tbsp olive oil in a skillet over medium heat for 3–4 minutes; sauté the diced onions and minced garlic until soft and translucent, then spread into the bottom of your baking dish mixed with crushed tomatoes, half the salt, and half the herbs.
2. Slice the Vegetables: Slice zucchini, yellow squash, eggplant, and Roma tomatoes into uniform rounds using a mandoline or sharp knife.
3. Assemble the Layers: Arrange the vegetable slices vertically in alternating patterns (zucchini, eggplant, squash, tomato) in tight rows across the baking dish until filled.
4. Season & Roast (Covered): Drizzle the remaining tablespoon of olive oil over the top, then sprinkle with the remaining herbs, salt, and black pepper. Cover the dish tightly with aluminum foil and bake at 375°F (190°C) for 30 minutes until vegetables begin to soften. *(High-protein cooking tip: stir 1/4 cup unflavored collagen or protein powder directly into the bottom tomato sauce base before arranging vegetables if desired!)*
5. Uncover & Caramelize: Remove the foil and bake uncovered for an additional 15 minutes until the edges are lightly golden and tender, and the tomato base is bubbling. Garnish with fresh herbs before serving.

Nutrition Facts (Per Serving – Approximate):

- Calories: 115 kcal
- Fats: 5 g
- Cholesterol: 0 mg
- Sodium: 220 mg
- Potassium: 420 mg
- Total Carbohydrates: 10 g

- Fiber: 4 g
- Net Carbs: 6 g
- Sugars: 5 g
- Protein: 3 g
- Calcium: 45 mg

Notes:

- Storage Tip: Keep covered in the fridge for up to 5 days; reheat in the oven to preserve vegetable structure.
- Reheating Instruction: Bake at 350°F (175°C) for 10–12 minutes rather than microwaving to avoid excess sogginess.
- Allergy Modification: Naturally gluten-free, dairy-free, nut-free, and vegan.
- Flavor Boost: Top with crumbled feta, parmesan, or goat cheese during the last 5 minutes of baking.