



SPAIN

APPETIZER

PRINTABLE RECIPE PDF

Spanish Escalivada

Escalivada is a traditional Catalan dish emphasizing the region's love for grilled vegetables. The name itself comes from the Catalan word 'escalivar,' which means

PREP

15 min

COOK

45 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- **2 large** red bell peppers
- **2 large** eggplants
- **2 large** zucchinis
- **1 large** onion
- **4 tablespoons** olive oil
- **to taste** salt
- **to taste** black pepper
- **fresh herbs** (such as parsley or basil) - for garnish

WHY THIS WORKS

About this recipe

A printable Spanish Escalivada recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Escalivada is a traditional Catalan dish emphasizing the region's love for grilled vegetables. The name itself comes from the Catalan word 'escalivar,' which means to cook over hot embers, a technique that enhances the

ORIGIN & TRADITION

Mediterranean context

Escalivada is a traditional Catalan dish emphasizing the region's love for grilled vegetables. The name itself comes from the Catalan word 'escalivar,' which means to cook over hot embers, a technique that enhances the vegetables' natural flavors.

METHOD

Step-by-step instructions

1

Preheat the oven to 400°F (200°C). Wash and pat dry the bell peppers, eggplants, zucchini, and onion.

2

Place the vegetables on a baking sheet. Drizzle with olive oil and season with salt and black pepper. Roast for about 40 minutes, turning halfway, until the vegetables are tender and slightly charred.

3

Once cooked, remove from the oven and let cool slightly. Peel the skins off the peppers and eggplants, then slice all vegetables into strips.

4

Arrange the sliced vegetables on a serving platter, drizzling with additional olive oil and garnishing with fresh herbs before serving.

CHEF'S TIP

For an authentic flavor, grill the vegetables over an open flame or on a charcoal grill instead of roasting in the oven.

NUTRITION PER SERVING (EST.)

Calories	150 kcal	Fat	12 g
Protein	2 g	Fiber	4 g
Carbohydrates	10 g	Sodium	100 mg

SERVING SUGGESTION

Serve escalivada at room temperature as a tapa, accompanied by crusty bread and a glass of Spanish red wine.