

Baked Vegetable Casserole

Try this delicious vegetable dish as a main course over rice or pasta. Enjoy it also as a side dish to roasted meats. The key is roasting the vegetables until soft and only the oil remains.

Makes 8 main course servings or 12 side dish servings

Serving size: 1 cup as main dish, 1/2 cup as side dish

INGREDIENTS

3 medium zucchini, cut in 1/2 inch slices
4 medium russet potatoes, cut in 1/4 inch slices
1 medium eggplant, cut in 1/2 inch slices and each slice in 4 pieces
1 medium red pepper, cut in 1/2 inch slices and each slice in 4 pieces
1 medium green pepper, cut in 1/2 inch slices and each slice in 4 pieces
3 medium carrots, peeled and sliced on a 1/4 inch bias
1 small stalk celery, sliced in 1/4 inch slices
2 large onions, cut in thin slices
4 plum tomatoes, chopped
8 ounces crushed tomatoes
3 cloves garlic, crushed or thinly sliced
1/4-1/2 cup olive oil
salt and pepper to taste

PREPARATION

Preheat oven to 375 F. In a large bowl, add all ingredients and mix well with clean hands or a large wooden spoon. Add to a large baking pan in a single layer. Cover with aluminum foil and place in oven for 45 minutes. Uncover, adjust for salt and pepper and bake until all vegetables are soft and starting to brown in spots, and only oil remains, about 1 hour more.

NUTRITIONAL INFORMATION:

Main Dish: Calories: 214 Calories from fat: 62 Total Fat: 7g Saturated Fat: 1g
Cholesterol 0mg Sodium: 96mg Carbohydrates: 36g Fiber: 9g Protein 6gm

Side Dish: Calories: 142 Calories from fat: 42 Total Fat: 5g Saturated Fat: 0.7g
Cholesterol 0mg Sodium: 64mg Carbohydrates: 24g Fiber: 6g Protein 4gm

*****No cholesterol; Low in , High in dietary fiber, potassium, vitamin A; Very high in vitamin B6 and vitamin C**