

Summer Veggie Delight

Ingredients:

- 1 cup cubed eggplant (2.9oz weighed)
- 1 cup sliced tomatoes (4.3oz weighed)
- 1 cup sliced zucchini (5.3oz weighed)
- 1 cup chopped onions (5.6oz weighed)
- 1-2 cloves garlic, peeled and minced
- 4 tsp olive oil
- 3-4 sprigs fresh herbs, such as thyme, rosemary, basil or oregano, chopped
- Salt
- Optional – Dip Cheese or Zippers (any variety)

Directions:

1. Cut eggplant into 1” cubes, sprinkle with salt, and place in a colander. Drain for 30 minutes, then pat dry.
2. Lightly cook onions and garlic in 1 tsp of olive oil over medium heat for 4-5 minutes. Make sure the onions don’t start to brown. Transfer to a small baking dish. In the same skillet, cook eggplant in 1 tsp of oil until tender and slightly brown, about 10 minutes. Season with salt and pepper, stir into onion mixture.
3. Preheat oven to 400 degrees. Arrange zucchini and tomatoes in layers over eggplant. Top with chopped herbs, drizzle with remaining oil, season with salt and pepper, and bake 25-35 minutes.
4. Enjoy as is, or top with powdered Dip Cheese or Crushed Zippers

Servings:

2 servings (eat on separate days to avoid going over your servings of healthy fat)