



Summer Veggie Delight

Ingredients:

- 1 cup cubed eggplant
- 1 cup sliced tomatoes
- 1 cup sliced zucchini
- 1 cup chopped onions
- 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 – Diet Right Cheese Dip or Zippers (any variety)

Directions:

1. Preheat oven to 400° F.
2. Cut eggplant into 1" cubes, sprinkle with salt, and place in a colander. Drain for 30 minutes, then pat dry.
3. Lightly cook onions and garlic in 1 tsp of olive oil over medium heat in a saucepan for 4-5 minutes. Make sure the onions don't start to brown.
4. Transfer to a small baking dish.
5. 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.
6. Arrange zucchini and tomatoes in layers over eggplant on the baking sheet. Top with chopped herbs, drizzle with remaining oil, season with salt and pepper, and bake 25-35 minutes.
7. Enjoy as is, or top with powdered Dip Cheese or Crushed Zippers

Servings: makes 2 servings.

Each serving = 1 cup select vegetables, 1 cup occasional vegetables, daily healthy fat.

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