



Italian Vegetable Bake

This colorful low-sodium cholesterol-free vegetable baked dish is prepared without any added fat.

Ingredients:

- 1 can (28 oz) whole tomatoes
- 1 medium onion, sliced
- 1/2 lb fresh green beans, sliced
- 1/2 lb fresh okra, cut into 1/2-inch pieces or
- 3/4 C 1/2 10-oz pkg frozen okra
- 3/4 C finely chopped green pepper
- 2 Tbsp lemon juice
- 1 tsp chopped fresh basil, or 1 tsp dried basil, crushed
- 1-1/2 tsp chopped fresh oregano leaves, or 1/2 tsp dried oregano, crushed
- 3 medium (7-inch long) zucchini, cut into 1-inch cubes
- 1 medium eggplant, pared and, cut into 1-inch cubes
- 2 Tbsp grated parmesan cheese

Directions:

1. Drain and coarsely chop tomatoes. Save liquid. Mix together tomatoes and reserved liquid, onion, green beans, okra, green pepper, lemon juice, and herbs. Cover and bake at 325° F for 15 minutes.
2. Mix in zucchini and eggplant and continue baking, covered, 60-70 more minutes or until vegetables are tender. Stir occasionally.
3. Sprinkle top with parmesan cheese just before serving.

Nutrition Information: Yield: 18 servings--Serving Size: 1/2 cup
Each serving provides: Calories: 36 /Total fat: less than 1 g /Saturated fat: less than 1 g /Cholesterol: less than 1 mg /Sodium: 86 mg

For recipes at your finger tips, log on today www.steptogethernola.org