

Fall Veggie Casserole

Makes: 8 servings

Ingredients

1 medium eggplant
4 tomatoes
1 green pepper
1 onion
1 tsp. salt
¼ tsp. pepper
3 Tbsp. vegetable oil
1 clove garlic
2 Tbsp. grated Parmesan cheese

Preparations

- 1) Remove the skin from the eggplant. Cut the eggplant into cubes.
- 2) Chop the tomatoes into small pieces.
- 3) Cut the green pepper in half. Remove the seeds and cut it into small pieces.
- 4) Chop the onion into small pieces.
- 5) Cut the garlic into tiny pieces.
- 6) Cook the first eight ingredients in a large skillet until tender.
- 7) Top with Parmesan cheese and serve.

Nutritional Information

(per serving)

Total calories	86
Total fat	6 g
Protein	2 g
Sodium	313 mg
Carbohydrates	8 g
Dietary fiber	3 g
Saturated fat	1 g
Total sugars	5 g

Source: U.S. Department of Agriculture (USDA)