
Casserole of Eggplant, Zucchini and Tomatoes

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 8

1/2 cup olive oil
6 onions, sliced
2 small eggplants, washed and diced
1/4 teaspoon salt
1/8 teaspoon red pepper
1/8 teaspoon thyme
coriander (enough to cover the tip of a knife)
1 teaspoon dried basil
4 large zucchini, washed and sliced
6 tomatoes, chopped

In a large skillet or casserole, heat the olive oil. Cook the onions on low heat until transparent, about 10 minutes.

Dry the eggplant and zucchini well and add to the onions. Stir and cook, covered, for 20 minutes.

Season with salt and pepper, a good pinch of thyme, coriander and basil. Taste for seasoning and adjust if necessary.

Add the tomatoes. Cook, covered, for 20 minutes. Uncover and place in a 325 degree oven for 20 minutes so that some of the moisture disappears.

Side Dishes

Per Serving (excluding unknown items): 214 Calories; 14g Fat (55.9% calories from fat); 4g Protein; 21g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 84mg Sodium. Exchanges: 0 Grain(Starch); 4 Vegetable; 2 1/2 Fat.