

Vegetable Casserole II

Mrs. Hubert Waguespack

River Road Recipes II (1976) - The Junior League, Baton Rouge, LA

Servings: 6

6 medium potatoes
4 bell peppers
4 medium onions
1 large eggplant
olive oil
red pepper
salt
garlic powder
2 cans (16 ounce) Italian tomatoes,
drained and coarsely chopped
buttered bread crumbs

Preheat the oven to 400 degrees.

Peel and slice the potatoes as thinly as possible. Remove the seeds and cut peppers into wide strips. Peel and thinly slice the onions. Cut the eggplant (with or without peel) into 1/2-inch slices or cubes.

Fry each vegetable separately in 1/4-inch of olive oil until soft and just beginning to brown. Do not fry the tomatoes.

In a large pyrex casserole (11-3/4x7-1/4-inch), layer the vegetables after saute'ing: first potatoes, then onions, peppers and eggplant. Season each layer with salt and red pepper.

Sprinkle garlic powder lightly over all. Cover with the tomatoes. Sprinkle lightly with the bread crumbs.

Bake for 15 to 20 minutes before serving.

Per Serving (excluding unknown items): 170 Calories; 1g Fat (2.9% calories from fat); 5g Protein; 39g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Vegetable.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	170	Vitamin B6 (mg):	.7mg
% Calories from Fat:	2.9%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates:	86.0%
% Calories from Protein:	11.1%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	39g
Dietary Fiber (g):	7g
Protein (g):	5g
Sodium (mg):	15mg
Potassium (mg):	1130mg
Calcium (mg):	37mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	105mg
Vitamin A (i.u.):	694IU
Vitamin A (r.e.):	69RE

Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	65mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	3
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 170 Calories from Fat: 5

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrates	39g	13%
Dietary Fiber	7g	27%
Protein	5g	

Vitamin A	14%
Vitamin C	175%
Calcium	4%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.