
Italian Vegetable Pie

Gloria Goldstein - New York

North American Potpourri - Autism Directory Service, Inc - 1993

Servings: 6

1 medium eggplant, peeled and cubed
2 medium zucchini, cubed
1 large onion
1/4 cup olive oil
4 medium tomatoes, peeled and chopped
3 eggs
3/4 cup grated Parmesan cheese
1 tablespoon minced parsley
1/2 teaspoon basil
1/2 teaspoon oregano
salt
pepper
1/4 pound mozzarella cheese, thinly sliced

In a skillet, saute' the eggplant, zucchini and onion in olive oil until the vegetables are softened (about 10 minutes). Add the tomatoes and cover the pan. Continue to cook the vegetables for 20 to 25 minutes or until the mixture is soft. Transfer to a mixing bowl. Let cool.

In a bowl, beat the eggs with 1/4 cup of the Parmesan cheese, the parsley, basil and oregano. Add to the vegetable mixture. Add salt and pepper to taste.

Pour half of the mixture into a greased nine-inch pie pan. Cover with an additional 1/4 cup of the Parmesan cheese. Then add the remaining mixture over the top. Top with the mozzarella cheese.

Bake in a hot oven (400 degrees) for 30 minutes or until the pie is set and the cheese is golden.

Side Dishes

Per Serving (excluding unknown items): 276 Calories; 20g Fat (62.1% calories from fat); 14g Protein; 13g Carbohydrate; 4g Dietary Fiber; 131mg Cholesterol; 312mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable; 3 Fat.