

# **Fall Veggie Casserole**

From the United States Department of Agriculture (USDA)  
<http://recipefinder.nal.usda.gov/recipes/fall-veggie-casserole>

## **Ingredients**

- 1 eggplant (medium)
- 4 tomatoes
- 1 green bell pepper
- 1 onion
- 1 tsp. salt
- ¼ tsp. pepper
- 3 Tbs. vegetable oil
- 1 garlic clove
- 2 Tbs. parmesan cheese (grated)

## **Instructions**

1. Cut eggplant into cubes. (Remove skin if desired, or leave on to increase fiber and nutrients.)
2. Remove seeds from green pepper.
3. Dice pepper, tomato, and onion.
4. Mince garlic.
5. Cook all ingredients except the cheese, in large skillet on medium heat until tender.
6. Top with cheese and serve.

*Makes 8 servings*

## **Nutrition information per serving: (if eggplant peeled)**

|               |        |
|---------------|--------|
| Calories      | 90     |
| Carbohydrate  | 9 g    |
| Dietary Fiber | 3 g    |
| Protein       | 2 g    |
| Total Fat     | 6 g    |
| Saturated Fat | 1 g    |
| Sodium        | 310 mg |

