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DIET CENTER

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ITALIAN VEGETABLE BAKE

Intermediate Lifestyle

Ingredients

- 1 can (28 oz.) whole tomatoes
- 1 medium onion, sliced
- ½ lbs. fresh green beans, sliced
- ½ lbs. fresh okra, cut into ½" pieces or ¾ cup (½ 10 oz. package) frozen okra
- ¾ cup finely chopped green pepper
- 2 TBS lemon juice
- 1 TSP chopped fresh basil, or 1 TSP dried basil, crushed
- 1-1/2 TSP chopped fresh oregano leaves, or ½ TSP dried oregano, crushed
- 3 medium (7" long) zucchini, cut into 1" cubes
- 1 medium eggplant, pared and cut into 1" cubes
- 2 TBS grated Parmesan cheese

Instructions

1. Drain and coarsely chop tomatoes. Save liquid. Mix together tomatoes and reserved liquid, onion, green beans, okra, green pepper, lemon juice, and herbs. Cover and bake at 325° for 15 minutes.
2. Mix in zucchini and eggplant and continue baking, covered 60-70 more minutes or until vegetables are tender. Stir occasionally.
3. Sprinkle top with Parmesan cheese just before serving.

Portion-Per-Serving Information: (Yields 18 servings)

Serving = ½ cup = 1 V