Italian Vegetable Bake

1 28 ounce can chopped tomatoes
1 medium onion, sliced
1/2 pound fresh or frozen green beans, sliced or 2 cups frozen cut green beans
1/2 pound fresh okra, cut into ½-inch pieces or 2 cups frozen sliced okra
3/4 cup green pepper, finely chopped
2 tablespoons fresh lemon juice
1 tablespoon fresh basil, chopped or 1 teaspoon dried basil, crushed
1-1/2 teaspoons fresh oregano leaves, or ½ teaspoon dried oregano, crushed
1 medium zucchini, cut into 1-inch cubes
1 medium eggplant, peeled and cut into 1-inch cubes
2 tablespoons grated parmesan cheese

1. Preheat oven to 325°F. Spray a large roasting pan with nonstick spray.
2. Mix together tomatoes with juice, onion, green beans, okra, green pepper, lemon juice, basil and oregano. Cover and bake 15 minutes.
3. Mix in zucchini and eggplant and continue baking, covered, 60 minutes or until vegetables are tender. Stir occasionally.
4. Sprinkle top with parmesan cheese just before serving.

Serves 9.

Nutrition Facts
Servings per recipe: 9
Serving size: 1 cup

Amount Per Serving

Calories 65
Calories from fat 9

% Daily Value

Total Fat 1g 1%
Saturated Fat trace 1%
Cholesterol 0mg 0%
Sodium 156mg 7%
Carbohydrate 14g 5%
Dietary Fiber 4g 17%
Protein 3g 7%

Vitamin A: 20%  Vitamin C: 60%  Folic: 18%
Calcium: 9%  Iron: 7%  Potassium: 15%

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