

Tomato Squash and Onion Casserole

Ingredients:

- 2 teaspoons olive oil
- 1 onion
- 2 cloves garlic
- 1 medium zucchini
- 1 medium yellow squash
- 3 tomatoes
- 1 Tbsp fresh thyme, oregano and basil (or 1 tsp each, dried)
- 1/2 tsp freshly-ground pepper

Equipment:

- Cutting Board
- Knife
- Non stick skillet
- Measuring spoons
- 9 x 9 Casserole dish
- Aluminum Foil

Number of Servings: 8
 Prep Time: 25 minutes
 Total time: 1 hour

Directions

1. Preheat oven to 400°F. Heat oil in non stick skillet over medium heat.
2. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to skillet.
3. Place garlic cloves on a cutting board, and lay flat part of knife on top. Use heel of hand and slap knife to break the tough skin of clove. Peel off skin, and chop garlic into small pieces. Add to skillet. Cook onions and garlic until tender.
4. While onions are cooking, wash zucchini and squash and cut ends off. Cut in half lengthwise, and lay flat on cutting board. Cut into slices. Place in 9 x 9 casserole dish.
5. Wash tomato and cut in half through the stem. Remove stem. Lay flat on cutting board and slice keeping the pieces together. Turn 1/4 and then slice again to make dice. Add tomatoes to 9 x 9 baking dish, and sprinkle cooked onions and garlic on top along with herbs. Mix vegetables together.
6. Bake, covered, for 25-30 minutes.

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Nutrition Facts

Serving Size: 1/2 cup			
Servings: 8			
Amount Per Serving			
Calories 33		Calories from Fat 9	
		%Daily Value*	
Total Fat	1g		2%
Saturated Fat	trace 1g		1%
Cholesterol	0mg		0%
Sodium	6mg		0%
Total Carbohydrate	5g		2%
Dietary Fiber	1g		6%
Protein	1g		2%
Vitamin A	9%	Vitamin C	23%
Iron	3%	Calcium	1%
*Percent Daily Values are based on a 2,000 calorie diet.			

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