

## ITALIAN VEGETABLE BAKE

*This colorful low-sodium cholesterol-free vegetable baked dish is prepared without any added fat.*

1	can (28 oz) whole tomatoes
1 medium	onion, sliced
1/2 lb	fresh green beans, sliced
1/2 lb	fresh okra, cut into 1/2-inch pieces or 3/4 C 1/2 10-oz pkg frozen okra
3/4 C	finely chopped green pepper
2 Tbsp	lemon juice
1 tsp	chopped fresh basil, or 1 tsp dried basil, crushed
1-1/2 tsp	chopped fresh oregano leaves, or 1/2 tsp dried oregano, crushed
3 medium	(7-inch long) zucchini, cut into 1-inch cubes
1 medium	eggplant, pared and, cut into 1-inch cubes
2 Tbsp	grated parmesan cheese

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° F 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.

Yield: 18 servings--Serving Size: 1/2 cup

Each serving provides:

Calories: 36

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: less than 1 mg

Sodium: 86 mg

Source: <http://www.nhlbi.nih.gov/health/public/heart/other/syah/itvegbak.htm>