



Vegetables au Gratin

Cook Healthy Edible Food

Yield: 4 - 5 servings
 Preparation Time: About 15 minutes
 Cooking time: About 25 - 30 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> • 1 small onion, sliced into 1 cm wide rounds • 1 Japanese eggplant, sliced on an angle into 1 cm wide rounds (can also use a small regular eggplant) • 1 medium-sized zucchini, sliced on an angle into 1 cm wide rounds • 2 tomatoes, sliced into 1 cm wide rounds • good pinch sea salt and freshly ground black pepper • 1 – 2 cloves garlic, minced • 1 ½ tsp (7mL) <i>herbes de Provence</i>, or 2 Tbsp (30mL) chopped fresh herbs, such as basil and oregano • 3 Tbsp (45mL) extra virgin olive oil • ¾ cup (175mL) grated mozzarella cheese • ¼ cup (50mL) grated Parmesan cheese 	<ul style="list-style-type: none"> • oven-proof dish, about 20 x 25 cm (8 x 10") - with flat bottom and low sides • cutting board • small sharp knife • box grater • micro-plane or garlic press • measuring spoons

Method:

1. Wash and dry all vegetables.
2. Preheat the oven to 175 C (350 F).
3. Grease the baking dish with 1 Tbsp (15mL) of **olive oil**.
4. Cut the **onions, eggplant, zucchini** and **tomatoes** into thin, equal width slices, about 1 cm thick.
5. Peel, then grate the **garlic** with a micro-plane or press the garlic cloves through a garlic press. Put aside for now.
6. Grate the **mozzarella** and the **Parmesan** cheese. Put aside for now.
7. Place the vegetables alternately in the prepared dish, overlapping the slices.
8. Sprinkle evenly with the **sea salt, pepper, garlic** and **herbes de Provence** (or fresh herbs).

9. Drizzle **olive oil** evenly over top of the vegetables.
10. Sprinkle the **mozzarella cheese** and **Parmesan cheese** over top of the vegetable mixture.
11. Bake for 25 - 30 minutes or until the cheese is bubbling and lightly browned and the vegetables are soft.

Tasty Tip:

- The better quality the ingredients, the better tasting the dish. Look for vegetables that are ripe and brightly coloured. Try using Parmigiano Reggiano cheese for a real flavour boost.
- *Herbes de Provence* is a mixture of herbs commonly used in the south of France. The mixture varies depending on who makes it but it often includes: basil, fennel seed, marjoram, rosemary, sage, summer savoury, thyme and sometimes lavender. It can be purchased in most grocery stores.
- If you have extra veggie gratin, try tossing it with cooked pasta, a little olive oil and an extra sprinkle of Parmesan cheese.