

Farmers Market Medley

Ingredients

- 2 onions, sliced into thin rings
- 3 cloves garlic, minced
- 1 medium eggplant, cubed
- 2 zucchini, cubed
- 2 medium yellow squash, cubed
- 2 green bell peppers, seeded and cubed
- 1 yellow bell pepper, cubed
- 1 red bell pepper, cubed
- 4 roma tomatoes, chopped
- 1/2 cup olive oil
- 1 bay leaf
- 2 tablespoons chopped fresh parsley
- 4 sprigs fresh thyme
- salt and pepper to taste

Directions

1. In a large pot over medium low heat, heat one and one half tablespoon oil.
2. Add onions and garlic and cook until soft.
3. Remove the onion and garlic to a plate.
4. Add remaining vegetables and sauté until slightly browned on all sides.
5. Add the onions and garlic back to the pot.
6. Season with salt and pepper. Add the bay leaf and thyme and cover the pot.
7. Cook over medium low heat for 15 to 20 minutes.
8. Add the chopped tomatoes and parsley to the large pot, cook another 10-15 minutes. Stir occasionally.
9. Remove the bay leaf and adjust seasoning to your taste.

Nutrition per serving: 191 calories; 14 g fat; 16 g carbohydrates; 3 g protein; 0 mg cholesterol; 13 mg sodium.