

SUMMER FLAVOR



Tomato and Summer Vegetable Bake

There's nothing like a fresh, in-season tomato. Technically a fruit, tomatoes are a rich source of vitamins, minerals and antioxidants such as lycopene. With nutrients like this, tomatoes are an *Eat Right* pick and waistline-friendly at only 22 calories per medium tomato. Try different varieties and go beyond the use of the basic burger topping with recipes like this one that bakes tomatoes along other summer favorites.

SERVES: 6

INGREDIENTS:

1 medium	Zucchini, sliced ¼" thick	¼ cup	Whole-wheat bread crumbs or panko
1 small	Eggplant, sliced ¼" thick		Parmesan cheese, finely grated
1 medium	Yellow squash, sliced ¼" thick	¼ cup	
1 lb.	Tomatoes, sliced ¼" thick		
1 large	Onion, sliced into circles		
3 tbsp.	Balsamic vinegar		
1 tbsp.	Olive oil		
2 cloves	Garlic, minced		
½ tsp.	Dried thyme (or 1 tsp. fresh)		
½ tsp.	Dried Basil (or 1 tsp. fresh)		
½ tsp.	Dried oregano (or 1 tsp. fresh)		
To taste	Salt and black pepper		



DIRECTIONS:

1. Preheat oven to 350°. Spray a large (9x13") baking dish with nonstick cooking spray.
 2. Toss the sliced veggies with the balsamic vinegar and olive oil. Layer the vegetables in the baking dish, lightly season each layer with salt and pepper.
 3. In a small bowl, mix the garlic, herbs, breadcrumbs and Parmesan. Sprinkle evenly on top of the layered vegetables. Cover with foil.
 4. Bake for 30 minutes, then remove foil and bake 10-15 minutes more or until vegetables are tender, cheese is melted and breadcrumbs are golden and crisp.
 5. Serve with lean meat or add cooked beans or an egg for a meat-free entrée.
-

ALTERNATIVES:

- Chop tomatoes with peppers, onion, lime juice, cilantro and avocado for a salsa to snack on or use as a topping for salads, lean meat or whole grains.
 - Use tomatoes in soups, stews and homemade sauces. Add to omelets, sandwiches and whole-wheat wraps.
 - Slice and serve with fresh mozzarella, fresh basil, black pepper, a drizzle of balsamic vinegar and olive oil for a classic Caprese salad.
 - Broil or slow-roast tomatoes for a side or base for homemade sauces.
-

