

Vegetable Fruit Medley

Ingredients

- 5 cloves garlic, minced
- 1 medium red onion, chopped
- $\frac{1}{4}$ cup extra virgin olive oil
- $\frac{1}{2}$ medium eggplant
- 1 medium yellow squash
- 1 medium zucchini
- 1 red bell pepper
- $\frac{3}{4}$ cup fresh parsley, chopped
- $\frac{1}{2}$ Tbsp Italian seasoning
- $\frac{1}{2}$ cup blueberries
- $\frac{1}{2}$ cup strawberries, sliced

Directions

1. Dice eggplant, yellow squash, zucchini, and red pepper into bite size pieces.
2. In medium stock pot, saute garlic and onion in olive oil.
3. Add eggplant and saute for 5 minutes.
4. Except for fruit, add in all other ingredients and mix together on medium to low heat.
5. As soon soon as vegetables are cooked, remove from heat and fold in fresh fruit to season.

Handling & Storage

It is best to use eggplant within one day of purchase; but it can be refrigerated for up to four days. Eggplants bruise

easily, so handle with care.

Cooked eggplant can be refrigerated for 3 days. Freeze pureed eggplant up to 6 months with a little bit of lemon juice to prevent discoloration.

Nutritional Information

Calories: 126

Total Fat: 9.2 g

Saturated Fat: 1.3 g

Trans Fat: 0.0 g

Cholesterol: 1 mg

Sodium: 14 mg

Total Carbohydrates: 11.7 g

Dietary Fiber: 3.6 g

Sugars: 6.0 g

Protein: 2.1 g

Serves: 6