



Mouth Watering Vegetable Tarte

Ingredients:

- 2 small to med eggplant sliced lengthwise, about 1/4" thickness
- 1 green zucchini, sliced lengthwise
- 1 yellow squash sliced in rounds
- 1 cup cherry tomato halves
- 1/3 yellow onion, sliced
- 1 c parmesan cheese, shredded
- 1/2c greyere and mozzarella cheese combined (can use just mozzarella)
- salt/pepper
- olive oil for drizzling

Directions:

Arrange eggplant on a baking sheet lined with parchment paper and drizzle liberally with olive oil. Bake at 400* F for about 20 min or until very pliable and maybe just beginning to turn brown.

While the eggplant is baking, on another baking sheet lined with parchment paper, arrange all vegetables trying no to overlap too much. Bake at 400*F also, for about 20 minutes.

In the meantime, caramelize the onion by letting it cook on med heat in a well oiled skillet until it begins to caramelize and turn brown. Set aside.

The eggplant will come out of the oven first, so while the other veggies continue baking, arrange the eggplant on the bottom a greased pie dish, covering the entire dish, creating a 'crust'.

layer the parmesan cheese on top of the eggplant, then the caramelized onions, zucchini and the yellow squash.

Top with the 1/2 c of mozzarella and greyere cheese, add the tomatoes and top with the green onions.

Return entire dish to the oven and bake for 20 minutes at 350*F or until top begins to turn slightly brown.

This is especially good the next day for breakfast! And it's also good cold for a snack, or side dish.

Macros:
makes 6 servings
Calories: 172
Fat: 12.5g
Carbs: 3.5g
Protein: 10g