

Fall Vegetable Skillet

Ingredients:

- 2 teaspoons vegetable oil
- 1 onion
- 1 medium eggplant
- 1 green pepper
- 4 tomatoes
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder
- 2 tablespoons Parmesan cheese, grated

Equipment:

- Cutting board
- Knife
- Large non stick skillet
- Spatula
- Measuring spoons

Number of Servings: 8
 Prep Time: 15 minutes
 Total time: 45 minutes

Directions

1. Heat vegetable oil in large skillet on medium heat.
2. Cut the ends off of the onion, and peel off the brown layers and rinse. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add skillet, cook until tender.
3. Wash and cut off ends of eggplant. Stand eggplant on bottom and cut in half lengthwise, and lay flat on cutting board. Slice into slices, then stack and cut into strips then cubes. Add to skillet with onion.
4. Wash a green pepper and, hold it by the top with the bottom sitting on a cutting board. Slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have a skeleton. Take the sides you have created and slice them apart, then dice the slices.
5. Wash tomato and slice in half through stem. Cut out stem. Slice while holding tomato together. Turn and slice across to make dice.
6. Season vegetables in skillet with garlic powder and pepper. Cook and stir until tender, about 30 minutes.
7. Top with Parmesan cheese and serve.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts	
Serving Size: 1 cup	
Servings: 6	
Amount Per Serving	
Calories 53	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat trace 1g	1%
Cholesterol 1mg	0%
Sodium 31mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Protein 2g	4%
Vitamin A 11%	Vitamin C 45%
Iron 3%	Calcium 3%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.