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

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.

Equipment:
Cutting board
Knife
Large non stick skillet
Spatula
Measuring spoons

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

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 1 cup</th>
<th>Servings: 6</th>
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</thead>
<tbody>
<tr>
<td>Calories: 53</td>
<td>Calories from Fat: 18</td>
</tr>
<tr>
<td>Total Fat: 2g</td>
<td>%Daily Value: 3%</td>
</tr>
<tr>
<td>Saturated Fat: trace 1g</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium: 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrates: 5g</td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber: 3g</td>
<td>11%</td>
</tr>
<tr>
<td>Protein: 2g</td>
<td>4%</td>
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Vitamin A: 11%, Vitamin C: 45%  
Iron: 3%, Calcium: 3%

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