

## Oven-Roasted Peppers and Eggplant

Yield: 8 servings (about 1 cup each)

### Ingredients:

4 bell peppers, various colors (about 1½ pounds)  
1 large eggplant (about 2 pounds)  
6 Roma tomatoes, seeded and chopped  
¼ cup olive oil  
½ cup freshly grated Parmesan cheese  
1 tablespoon dried basil, crumbled  
1 teaspoon dried oregano, crumbled  
½ teaspoon dried thyme, crumbled  
4 cloves garlic, minced  
1 tablespoon red wine vinegar  
salt and freshly ground black pepper to taste

### Procedure:

Wash peppers, eggplant and tomatoes. Remove the core, seeds and membrane from peppers and cut into 1-inch pieces. Peel eggplant, cut off and discard a 1-inch slice from the top and bottom. Cut peeled eggplant into 1-inch cubes. Place pepper and eggplant pieces on a baking sheet that's been sprayed with vegetable oil. Drizzle olive oil over pepper and eggplant pieces and mix well so all are coated with oil. Place baking sheet on center rack in oven heated to 350 F. Bake, turning every 15 minutes, for about an hour, or until vegetables are evenly cooked. Meanwhile, cut tomatoes in half, scoop out and discard as many seeds as possible and then chop. Set aside. When peppers and eggplant are cooked, remove from oven and allow to cool for a few minutes on the baking sheet. In a 3-quart serving bowl, gently toss the peppers and eggplant with the tomatoes, cheese, herbs, garlic and vinegar. Season to taste with salt and pepper and toss again. Serve warm with lightly toasted slices of French or Italian bread.

about 150  
calories and  
9 grams of fat  
per serving  
(1 cup)

**A serving of Oven-Roasted Peppers and Eggplant also contains more than a full day's recommendation for vitamin C (mainly from the peppers) plus about 20 percent of the daily recommendation for vitamin A (as carotenes), along with some calcium and iron.**

NDSU Agriculture Communication



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