



Mediterranean Melody

Serves 6-8

Anticancer Phytonutrients Found in this recipe.....

Beta-carotene, Lutein, Lycopene, Allyl sulfides, Quercetin, Sulfur compound

Ingredients

2 zucchini
2 japanese eggplant
2 potatoes
tomato paste (1/2 to 3/4 -12 ounce can)
1 bunch parsley, finely chopped
1/2 bunch of basil, finely chopped
1/4 cup of mint, finely chopped
1 chopped onion
2 garlic cloves, minced
1/2 cup olive oil
1-2 teaspoon sea salt
1/2 teaspoon pepper

Procedure

1. Preheat oven to 350 degrees
2. Cut zucchini, eggplant, and potatoes into slices or chunks (however you prefer) and place in a casserole dish
3. Mix tomato paste with 1 1/2 cups of water and olive oil. Pour over vegetables.
4. Add onion, garlic, salt and pepper to dish and mix spices with vegetables
5. Add parsley, basil, and mint to dish. Mix with vegetables.
6. Bake at 350 degrees for 30-45 minutes. Add liquid as necessary.