

## Harvest Vegetable Stir-fry



Serves 8

### Ingredients:

- ½ cup chopped onion
- 1 cup chopped green bell pepper
- 1 cup diced peeled eggplant
- 1 cup slices zucchini
- 1 cup yellow summer squash, sliced
- 1 cup chopped tomatoes
- 1 tsp Italian seasoning
- ¼ tsp salt (optional)
- 2 tbsp grated Parmesan cheese

**Procedure:**

- Grease a large skillet with olive oil.
- Add onion and bell pepper and stir-fry over medium-high heat for 2 – 3 minutes.
- Stir in eggplant, zucchini and yellow squash.
- Stir-fry for 4 – 5 minutes.
- Stir in tomatoes and seasonings.
- Heat thoroughly.
- Sprinkle with Parmesan cheese before serving

**Per serving:**

- Calories: 36
- Protein: 2 gm
- Carbohydrates: 6 gm
- Fat: 1 gm

Take advantage of vegetables in season for this recipe and substitute accordingly.