

## Gratin of Fall Vegetables

This cheese-topped vegetable casserole dish is adapted from a Foodland Ontario recipe. It's a nice dish to serve as part of a meatless meal, or with roast chicken, turkey or meats.

PER SERVING	
calories	129
g fat	8
mg cholesterol	14
mg sodium	136
g protein	8
g carbohydrate	9
GOOD: fiber, vitamin A, niacin, calcium	
EXCELLENT: vitamin C	

2 tbsp	vegetable oil	25 mL
2 cups	thin strips of small yellow turnip or rutabaga	500 mL
½ cup	water	125 mL
1	sweet red pepper, cut in thin strips	1
¾ cup	thinly sliced onion	175 mL
2 cups	thinly sliced zucchini	500 mL
1 cup	sliced mushrooms (about 8)	250 mL
4	medium tomatoes, cut in chunks	4
½ tsp	dried oregano	2 mL
	Salt and freshly ground pepper	
1½ cups	shredded low-fat mozzarella cheese	375 mL
1 tbsp	grated Parmesan cheese	15 mL

In large skillet or Dutch oven, heat oil over medium heat. Add turnip and cover and cook for 10 minutes or until tender, stirring occasionally. If necessary, add more water to prevent burning. Add red pepper and onions; cook, stirring, for 2 minutes.

Add zucchini and mushrooms; cook, stirring, for 3 minutes. Add tomatoes and increase heat to high; cook, stirring occasionally, 5 to 10 minutes or just until excess moisture has evaporated. Stir in oregano; season with salt and pepper to taste.

Spoon vegetable mixture into shallow heatproof baking dish; sprinkle evenly with mozzarella and Parmesan cheeses. Broil for 3 to 5 minutes or until cheese is melted and slightly browned. Makes 8 servings.

Recipe can be prepared in advance, covered and refrigerated. Reheat in 350°F/180°C oven for 20 to 25 minutes or microwave at high for 3 to 5 minutes or until heated through.

