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Baked Veggies Parmigiana

INGREDIENTS

- 2 medium zucchini, diced
- 1 medium eggplant, diced
- 1 red pepper, diced
- 1 red onion, chopped
- 2 garlic cloves, chopped
- 4 TBSPs extra virgin olive oil
- 14 Oz crushed tomatoes
- 1/4 cup grated cheese
- 1/4 cup Panko Italian breadcrumbs plus more for top
- 8 Oz mozzarella, diced
- Salt and pepper to taste
- Basil to taste

DIRECTIONS

- Preheat oven to 375F.
- Clean and dice zucchini, eggplant and pepper. Set aside.
- Add the olive oil to a large sauté pan.
- Chop onion and garlic and add to pan.
- Sauté over medium heat until wilted.
- Add diced veggies and stir well.
- Season to taste.
- Cover pan and simmer on medium low heat for 5 minutes, stirring often.
- Add crushed tomatoes and basil and continue cooking for 5 more minutes, stirring frequently.

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DIRECTIONS (CONT.)

- Meanwhile, grease a 9x9 oven-safe casserole dish.
- Turn heat off under veggies and add grated cheese. Stir.
- Now add diced mozzarella and Panko crumbs.
- Stir well.
- Place veggie mix evenly in prepared casserole dish.
- Top with a couple more tablespoons of Panko.
- Bake in hot oven for about 45 minutes or until top begins to brown.
- Remove from oven and rest for 15 minutes before cutting and serving.

Veggies Parmigiana continued...

NONNA'S TIPS

- You can use chopped fresh tomatoes instead of canned. Just be aware that fresh tomatoes will release extra liquid. If you choose to use fresh, use cherry tomatoes, which contain less liquid.
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- You can substitute fresh mozzarella with smoked for a deeper flavor. Or use 1/2 smoked, 1/2 regular for a less intense flavor.
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- This recipe is vegetarian so it can be served as a main course or as a side dish.