



Jiló and Farm Fresh Vegetables

Serves 10

- 2 tablespoons canola oil
- 3 cloves garlic, minced
- ½ medium onion, sliced thin
- 1 medium yellow squash, sliced and quartered
- 1 medium zucchini, sliced and quartered
- 4 plum tomatoes, sliced and quartered
- ½ cup of water
- 8 jiló (Brazilian eggplant), sliced and quartered pepper to taste

1. Heat oil in wok or large skillet over medium-high heat.
2. Add garlic and onion and sautee for 2-3 minutes.
3. Add jiló and sautee for another 2-3 minutes.
4. Add water, yellow squash, zucchini, tomatoes.
5. Lower heat and simmer for 10 minutes. (jiló should be tender and soft when poked by a fork).
6. Add pepper to taste.
7. Serve with rice, over pasta or by itself.

*Jiló is a Brazilian eggplant and it is known for its slightly bitter flavor.

Nutrition Facts: Serving size: about 1 cup ; Calories: 90; Fruits and Vegetables: 2; Fat: 3.5 g; Fiber: 6 g

