Jiló and Farm Fresh Vegetables
Serves 10

2 tablespoons canola oil
3 gloves 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 sauté for 2-3 minutes.
3. Add jiló and sauté 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