



Pressed Vegetable Tartlet

INGREDIENTS

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| 1 teaspoon olive oil | 1 onion, peeled and sliced |
| 2 large tomatoes, thinly sliced | 1 small eggplant; thinly sliced crosswise |
| 1 zucchini; thinly sliced lengthwise | 1 yellow squash; thinly sliced lengthwise |
| 2 red peppers, thinly sliced lengthwise | 2 garlic cloves, thinly sliced |
| Salt and pepper | Herbs of your choice such as thyme, oregano, rosemary, etc. |

DIRECTIONS

Preheat oven to 450F. Add olive oil to grease the bottom of a baking dish and its sides. Layer sliced eggplant in baking dish. Add a layer of zucchini, garlic, and herbs of your choice. Add a third layer of the yellow squash, then fourth for the peppers and fifth layer of sliced tomatoes. The top layer are the onions. Press down on the entire mixture with a spatula. The veggies will be piled high but will collapse as they cook. Bake uncovered for 45 minutes. Remove from oven and place on a flat surface. Press the mixture down firmly again with a spatula. The vegetables should be reduced in height, and should be brownish-black and caramelized, almost charred in places. If there is any "juice" in the pan, drain. Return to the oven for 30-35 more minutes to finish roasting. Let cool for at least 10 minutes, so the mixture can solidify a bit. Cut into 4 squares; 85 calories each.