

RECIPES

"Brought to you by the Chefs at Cancer Treatment Centers of America"

Zucchini and Tomato Gratin

Serves 4

*1 tablespoon olive oil
2 cloves crushed garlic
2 tablespoons chopped onion
2 sprigs chopped basil
½ cup uncooked brown rice
¾ cup water*

*2 small zucchini, sliced ¼ quarter inch thick
4 medium tomatoes, sliced ½ inch thick
Salt and pepper to taste
½ cup grated Asiago cheese, or ¼ cup grated
Parmesan or Romano*

Preheat oven to 375 degrees. Heat olive oil in gratin dish or ovenproof skillet. Sprinkle garlic, onion and basil on top of oil. Add rice and water. Layer zucchini and tomato over rice. Add salt and pepper to taste. Bake 20 minutes. Preheat broiler. Sprinkle cheese over top, broil until golden brown. Serve at once.

Calories: 198

Fat: 8g

Protein: 7g

Fiber: 2g

Sodium: 50mg

Carbohydrates: 26g