



## Dr. Laleh's Layered Veggies

### Ingredients

### Amount

Onions	1 large (sliced)
Fresh Garlic	6-8 cloves (sliced)
Eggplants	1 large (sliced)
Zucchini	1 medium (sliced)
Yellow (Summer) Squash	1 medium (sliced)
Heirloom tomatoes	2 large (sliced)
Baby Bella mushrooms	4-5 large (sliced)
Organic Nutritional Yeast	¼ C
Coconut Aminos	¼ C
Organic Cold pressed olive oil	1 TBS
Black pepper	1 TBS (OR to taste)
Paprika	1 TBS (OR to taste)

### Preparation:

Pre-heat oven on bake at 350F

Wash, dry and slice all vegetables in a food processor (or by hand) in thin disks/ slices.

Use an oil spray bottle to coat the bottom of a large oven-safe glass/ Pyrex dish- You may use 2 square glass dishes.

Layer sliced veggies in single layers (start with eggplants---onions--- spices/liquid aminos/olive oil spray---tomatoes---squashes--- onions--- garlic--- spices/liquid aminos/olive oil spray and repeat until all veggies are layered.

Add more nutritional yeast on top, cover and bake in the oven for 90 minutes.

Check periodically until all veggies are fully cooked.

Remove the cover, switch oven to broil at 450 F. Broil veggies uncovered for 5 minutes or until top layer is crispy.

Remove from the oven- cool before refrigeration. Serves 6-8 servings.



**Nutrition Facts**

Servings 6.0

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Amount Per Serving

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**calories** 121

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**% Daily Value \***

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**Total Fat** 5 g **8 %**

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Saturated Fat 1 g **7 %**

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Monounsaturated Fat 3 g

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Polyunsaturated Fat 1 g

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Trans Fat 0 g

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**Cholesterol** 1 mg **0 %**

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**Sodium** 238 mg **10 %**

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**Potassium** 462 mg **13 %**

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**Total Carbohydrate** 13 g **4 %**

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**Dietary Fiber** 4 g **17 %**

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**Sugars** 6 g

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**Protein** 6 g **12 %**

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Vitamin A **13 %**

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Vitamin C **14 %**

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Calcium **17 %**

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Iron **10 %**

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