

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Summer Harvest Tian

1 lb Japanese eggplant, cut diagonally into 1/4 inch slices

1 lb zucchini, cut diagonally into 1/4 inch slices

Olive oil to oil pans

1 lb large beefsteak tomatoes, peeled, seeded, and cut into 1/4 inch slices

1 1/2 Tbls olive oil, divided

1/4 teas freshly ground black pepper

Salt to taste

4 ounces of day old whole wheat bread

2 Tbls chopped fresh flat-leaf parsley

2 teas chopped fresh oregano

1 1/2 teas chopped fresh thyme

2 garlic cloves, minced

1/4 cup vegetable broth



In a large bowl, toss the eggplant and zucchini slices with a little olive oil until evenly coated. Place in a single layer on a baking sheet and bake at 375 degrees for 15 minutes.

While baking; process bread until coarse crumbs measure 2 cups. Add parsley, oregano, thyme and garlic and process until well combined. Lightly oil a 2 quart tian or gratin dish. Arrange half of the eggplant in a single layer in the oiled dish. Top with half of the zucchini, followed by half of the tomato. Drizzle 2 teaspoons olive oil over the top and sprinkle evenly with salt and pepper, and the breadcrumb mixture. Repeat with remaining eggplant, zucchini, tomato, oil, salt, pepper and breadcrumbs. Pour broth over the top. Bake at 375 degrees for 1 hour or until vegetables are tender and topping is browned.

