

Autumn Recipes

Italian vegetable bake adapted from a Good Food recipe (serves 6)

Autumn is a time to dust off the slow cooker, if you have one, and this recipe is perfect as the nights draw in. Making slow changes to the diet can also include having more meat-free days; not only is this good for the environment but a diet high in vegetables and whole grains with less meat has been shown to be the most beneficial for health. It helps that this recipe is delicious too!



Ingredients

2 garlic cloves, crushed
400g tin chopped tomatoes
1 teaspoon dried oregano
1 large pinch dried chilli flakes
2 medium sized aubergines, sliced
2 courgettes, sliced
½ large jar roasted red peppers
3 beef tomatoes
15g fresh basil, leaves torn
1 granary baguette
2 x 125g balls mozzarella, torn

Method

- 1 Preheat the slow cooker to High or preheat your oven to 160°C (140°C fan).
- 2 In a saucepan, heat the crushed garlic, canned tomatoes, oregano, chilli and some seasoning while you are preparing the vegetables.
- 3 Layer up the vegetables (aubergines, courgettes, peppers, tomatoes) and basil with seasoning in the slow cooker pot or in an ovenproof casserole dish. Add the tomato sauce to the vegetable mixture and press down.
- 4 Cook in the slow cooker for 5-6 hours or in the oven for 2 hours or until the vegetables are deliciously soft.
- 5 Slice the bread and place on top of the vegetables. Add the mozzarella to the bread and grill or bake until the cheese is golden and bubbling.
- 6 Serve with a green salad.

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