**EGGPLANT CAPRESE**

1 eggplant  
2 large tomatoes  
1/3 cup Parmesan cheese

Preheat the oven to broil. Slice the eggplant into 1/2 inch thick slices. Slice the tomato into similar sized slices. Tear up basil leaves and set aside. Place the eggplant pieces on a large baking sheet. Spread a small amount of minced garlic on top. Coat with a light amount of balsamic vinegar. Top with a slice of tomato. Top with a small amount of parmesan cheese. Top cheese with fresh basil.

Place in oven and broil for 3-7 minutes. The eggplant should be tender and warm and the cheese should be melted.

Optional: serve over a bed of whole wheat spaghetti pasta or as a side dish to a main entrée.

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**STIR-FRY VEGETABLES**

- 2 large carrots, chopped
- 1 head broccoli, cut
- 1 bunch asparagus (end removed)
- 1/4 lb green beans (ends removed)
- 1 carton mushrooms
- 1 tbsp minced garlic
- 1 small onion, chopped
- 1 tsp olive oil
- 1-2 tbsp reduced sodium soy sauce

In a large skillet over medium heat, combine the garlic, olive oil, onion and mushrooms. Sauté for 2 minutes.

Add the broccoli, asparagus and green beans. Cover and steam for 5 minutes, stirring occasionally. Add the carrots and soy sauce. Stir, cover and steam for an additional 5 minutes. Stir, cover and steam for 2-3 minutes. All vegetables should be hot, and cooked to desired level. For less crisp vegetables, cook for an additional 3-5 minutes.