



Elliott Evans Nutrition, LLC
Prevent and Protect
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BAKED TOMATOES, SQUASH, AND POTATOES

WHOLELIVING.COM – SEPTEMBER 2011

Makes 8 servings

- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 onion, thinly sliced
- 2 small tomatoes, sliced ¼ inch thick
- 1 medium yellow summer squash, sliced ¼-inch thick
- 1 medium Yukon gold potato, sliced ¼-inch thick
- Coarse salt and freshly ground pepper
- 1 tablespoon fresh thyme leaves
- 2 tablespoons freshly grated Parmesan

- Heat oven to 375 degrees. Heat oil over medium heat and cook onion until tender and lightly golden, 6-8 minutes.
- Arrange the onion on the bottom of a 9x13 inch baking dish. Overlap tomato, squash, and potato on top of the onion.
- Season with salt and pepper, sprinkle with thyme and Parmesan, and drizzle with more oil.
- Bake covered for 30 minutes. Uncover and bake until golden, 30 minutes more.