



## Green Panther Chef Canna-touille

- 1 onion, sliced thin
- 3 garlic cloves, minced
- 3 tablespoons Green Panther Chef Canna- Olive oil
- 2 tablespoon Extra Virgin Olive Oil
- 3 cups pound eggplant, cut into ¼ in thick round (lightly season with salt and set aside)
- 1 small zucchini, scrubbed, cut into rounds
- 1 red bell pepper, chopped
- 1 ¼ cups ripe tomatoes, cut into rounds
- 1 16oz Can crushed tomatoes
- 1/4 teaspoon dried oregano, crumbled
- 1/4 teaspoon dried thyme, crumbled
- 1/8 teaspoon ground coriander
- 1/4 teaspoon fennel seeds
- 3/4 teaspoon salt
- 1/2 cup shredded fresh basil leaves
- 1 tbsp. fresh Marjoram- chopped

Preheat oven 240 degrees

In a large skillet cook the onion and the garlic in 2 tablespoons of the oil over moderately low heat, stirring occasionally, until the onion is softened. Add the eggplant rounds cook until lightly brown on each side 3-4 mins. Repeat with zucchini rounds. Set aside. Mix dry seasonings and salt together, set aside. Add 3 tablespoons of Green Panther Chef Canna-oil to pan on med- low add bell pepper, seasoning mixture and canned tomatoes. Cook tomato mixture until spices become aromatic 10-15 minutes. Add fresh herbs, stir and remove from heat.

Begin to layer eggplant, zucchini, and sliced tomatoes in in baking dish, top with crushed tomato mixture. Cover and bake in 240 degree oven for 35 minutes.

Remove from oven, remain covered for 5 minutes.

This is awesome meal to make the day before and enjoy throughout the week. Just add brown rice, and/or your favorite protein.