

Prigani (Baked Vegetables)

Cuisine: Greek

Category: Vegetable

Occasion: Side dish

Servings: 4

Ingredients:

1 pound zucchini
1 pound fresh tomatoes
1 pound okra
1 pound eggplant
1 pound string beans
1 pound potatoes
1 pound onions
4 to 5 garlic cloves
1/2 cup chopped parsley
1/2 cup chopped dill
1 cup extra virgin, cold pressed, olive oil
salt and pepper to taste

Instructions:

This simple vegetable dish originated in Greece, but I suspect it has been "Americanized" by my family. We have traditionally served it cold (room temperature) in warm weather, with crusty bread and cheeses as an entree. It is also a wonderful side dish for fish or fowl, and can also be served hot right from the oven.

Method:

Clean and slice the zucchini, tomatoes (skin and seeds can be included if desired), okra, eggplant, beans and onions. Mix and place the vegetables in a large baking pan. Chop the onion and garlic into very small pieces and toss them over the vegetables. In a separate bowl, mix the parsley, dill and olive oil, and pour the mixture over the vegetables in the pan. Add salt and pepper to taste. Bake in a preheated oven at 325 degrees (F) for approximately one hour, or until the vegetables are done.

Makes 4 main-dish or 6-8 side-dish servings.

Submitted by Diane Nickolson, USA. IPA Bulletin Volume 19 No. 2, June 2002.