



Vegetable Casserole (suitable for celiac)

Ingredients:

Potato

1 unit

Zucchini

1 unit

Onion

1 unit

Tomato

1 unit

Eggplant

1 unit

Broccoli

1 unit

Cheese in slices

50 gr.

Olive oil

2 tablespoons

Oregano

2 tablespoons

Chopped parsley

2 tablespoons

Salt and Pepper

to taste

Water

4 tablespoons

Procedure:

Peel the potato, the zucchini, the onion, and the eggplant. Cut the potato, the zucchini, the onion, and the eggplant in finely slices. Separate the broccoli flowers. Put all the vegetables in the MicroCheff Pot making layers. Sprinkle a little of olive oil, salt and pepper, parsley and oregano, between each layer. Add 2 tablespoons of water, put the lid on and microwave for 5 minutes on high. Verify with a fork if the potato is well done and the vegetables are tender. If necessary, microwave for 2 more minutes on high. Cover with slices of cheese and microwave for another minute.

