

Veggies Extraordinaire from the AICR Kitchen

This recipe shows off the goodness of an easy to prepare vegetable medley, whose flavors blend through a unique juice mixture. It's an opportunity to enjoy the bounty of the summer season in a tasty and nutritionally sound dish.

Broccoli is a nutritional powerhouse – one cup has more vitamin C than an equal amount of fresh orange. It's a member of the cabbage family, indeed, *broccolo*, its Italian name, means “cabbage sprout.” When purchasing broccoli look for solid green crowns or those with a hint of blue or purple. Avoid heads with open buds or any yellowing.

Eggplant's peak growing season is August and September. Eggplant are thought to have originated in India, but there may have been related varieties in China as well. It wasn't until the early 1800s that Thomas Jefferson introduced them to the United States. Known as *aubergine* in Europe, eggplant is undeservedly one of the least appreciated foods of the Western World – low in calories and high in dietary fiber.

The juice mixture melds the vegetables all together with the robust flavor of oregano and produces a wonderful sauce. The result is a lively, healthy taste of summer – easy to prepare and sure to please.

Veggies Extraordinaire

1 Tbsp. olive oil
1 cup small broccoli florets
1 cup cremini mushrooms, sliced
1 medium carrot, peeled and sliced thin
1 cup eggplant, peeled and diced (hint: select smaller, younger ones and blot cubes with paper towels to remove moisture, don't rinse the pieces because they absorb too much water)
2 green onions, cut into ½ inch pieces, including the green stems
1 medium potato, cooked and sliced
2 ripe plum tomatoes, chopped
2 Tbsp. fresh lemon juice
½ cup white grape juice (dry white wine may be substituted)
¼ cup tomato juice
1 tsp. dried or 1 Tbsp. chopped, fresh oregano

Heat oil over medium-high heat in large skillet. Add all vegetables, except potatoes and tomatoes. Cook, stirring gently and frequently, until tender-crisp, about 8 to 10 minutes. Add potatoes and tomatoes. Continue to stir gently and frequently for an additional 3 minutes.

Combine lemon, grape and tomato juices, and oregano in a small bowl and mix thoroughly. Add sauce to skillet and simmer until liquid begins to thicken, about 5 minutes. Serve immediately. Makes 4 servings.

Per serving: 130 calories, 4 g total fat (<1 g saturated fat), 21g carbohydrate, 3 g protein, 4 g dietary fiber, 35 mg sodium.

The American Institute for Cancer Research (AICR) is the cancer charity that fosters research on the relationship of nutrition, physical activity and weight management to cancer risk, interprets the scientific literature and educates the public about the results. It has contributed more than \$91 million for innovative research conducted at universities, hospitals and research centers across the country. AICR has published two landmark reports that interpret the accumulated research in the field and is committed to a process of continuous review. AICR also provides a wide range of educational programs to help millions of Americans learn to make dietary changes for lower cancer risk. Its award-winning New American Plate program is presented in brochures, seminars and on its website, www.aicr.org. AICR is a member of the World Cancer Research Fund International.