

# Mediterranean Vegetable Pie

*Frances Beck*

*Gourmet Eating in South Carolina - (1985)*

*1 medium eggplant, peeled and cut in  
1/4-inch pieces  
1 teaspoon salt  
1 large onion, sliced thin  
1 green pepper, cut in thin strips  
1 medium zucchini, sliced thin  
2 cloves garlic, minced  
1/2 cup vegetable oil  
2 medium tomatoes, cut in 1/8-inch  
wedges  
3/4 teaspoon oregano  
1/2 teaspoon pepper  
1/2 cup Parmesan cheese, grated  
3/4 teaspoon basil  
1/2 teaspoon salt  
8 ounces Mozzarella cheese, shredded  
1 unbaked pie crust, top and bottom*

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Preheat the oven to 425 degrees.

Salt the eggplant slices on both sides. Place the eggplant between paper towels. Weigh down with a heavy board, Let stand 30 minutes.

In a large skillet, heat 1/4 cup of oil. Add the eggplant and cook until tender, 5 minutes. Remove and place in a bowl. Add the rest of the oil.

Add the onion, green pepper, zucchini and garlic. Cook for 5 minutes or until tender. Remove from the heat.

In a bowl, mix the oregano, pepper, basil and salt.

Reserve one tablespoon of Parmesan for topping.

Place the bottom pie crust into a pie plate. Sprinkle three tablespoons of Parmesan on the bottom of the crust. Spoon half of the eggplant mixture into the crust; half of the vegetable mixture; half of the tomatoes and half of the herbs. Then spoon in one tablespoon of Parmesan and half of the mozzarella.

Repeat the layers of eggplant, vegetables, tomatoes, herbs, Parmesan and mozzarella.

Place the top crust on the pie. Brush the top with milk. Sprinkle the reserved Parmesan over the crust.

Bake for 25 minutes.

Let stand for 15 minutes before cutting.

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Per Serving (excluding unknown items): 2158 Calories; 179g Fat (72.8% calories from fat); 78g Protein; 73g Carbohydrate; 22g Dietary Fiber; 234mg Cholesterol; 4933mg Sodium. Exchanges: 0 Grain(Starch); 9 1/2 Lean Meat; 12 Vegetable; 30 Fat.

## Per Serving Nutritional Analysis

Calories (kcal):	2158
% Calories from Fat:	72.8%
% Calories from Carbohydrates:	13.2%
% Calories from Protein:	14.0%
Total Fat (g):	179g
Saturated Fat (g):	56g
Monounsaturated Fat (g):	84g
Polyunsaturated Fat (g):	26g
Cholesterol (mg):	234mg
Carbohydrate (g):	73g
Dietary Fiber (g):	22g
Protein (g):	78g
Sodium (mg):	4933mg
Potassium (mg):	2716mg
Calcium (mg):	2039mg
Iron (mg):	6mg
Zinc (mg):	9mg
Vitamin C (mg):	189mg
Vitamin A (i.u.):	5852IU
Vitamin A (r.e.):	1048 1/2RE

Vitamin B6 (mg):	1.4mg
Vitamin B12 (mcg):	2.2mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	242mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	9 1/2
Vegetable:	12
Fruit:	0
Non-Fat Milk:	0
Fat:	30
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories	2158	Calories from Fat: 1571
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### % Daily Values\*

<b>Total Fat</b>	179g	276%
Saturated Fat	56g	279%
<b>Cholesterol</b>	234mg	78%
<b>Sodium</b>	4933mg	206%
<b>Total Carbohydrates</b>	73g	24%
Dietary Fiber	22g	88%
<b>Protein</b>	78g	
<b>Vitamin A</b>		117%
<b>Vitamin C</b>		315%
<b>Calcium</b>		204%
<b>Iron</b>		34%

\* Percent Daily Values are based on a 2000 calorie diet.