

# Your Best Body

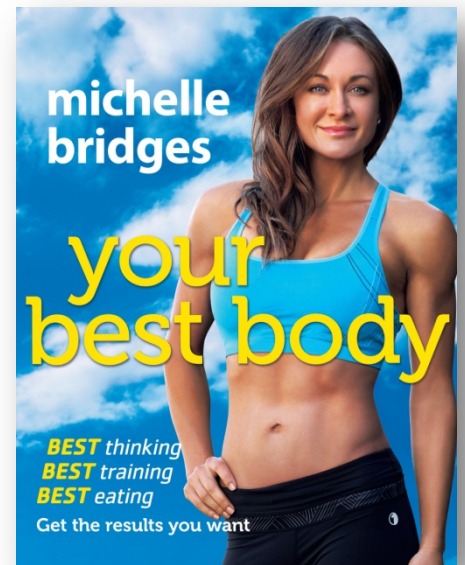
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## Perfect Veggie Casserole

**Free recipe from *Your Best Body* by Michelle Bridges, Perfect Veggie Casserole, page 142.**

This dish really gets me excited! Not only is it easy to put together, it will freeze well for future meals. It's super adaptable – you can add things like fish, chicken, beef or extra greens to it. And it's really good for you. And it tastes great! What more could you want? Cook it!

**SERVES 6 | PREP 15 mins | COOK 1 hr 10 mins | CAL PER SERVE 304**



3 medium eggplants, cut into chunks  
2 teaspoons olive oil  
1 onion, chopped

4 cloves garlic, thinly sliced  
1 bay leaf  
3 x 400 g cans chickpeas, drained and rinsed  
2 x 400 g cans diced tomato  
2 red capsicums, cut into chunks  
2 medium zucchini, thickly sliced  
100 g baby spinach  
3/4 cup pitted kalamata olives, drained, rinsed and thickly sliced  
1 cup torn basil leaves

1. Over a saucepan of simmering water, steam the eggplant for 6 minutes until just tender. Set aside.
2. Meanwhile, heat the oil in a large heavy-based casserole dish on medium. Add the onion, garlic and bay leaf, and cook for 5 minutes, stirring, until softened. Add the chickpeas, tomato, capsicum, zucchini, drained eggplant and 1/2 cup of water. Stir until combined. Bring to the boil, then reduce the heat to low and cook, covered, for 1 hour until the vegetables are tender.
3. Stir through the spinach, olives and basil, and serve.

**TIP** Freeze single portions of this casserole in airtight containers.

**VARIATION** Half a serve of veggie casserole goes beautifully with 150 g grilled chicken breast fillet (355 calories) or 150 g of lean lamb steak or fillet (369 calories)