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Published May 23rd, 2012

Gurguglione

By Susie Iventosch

(Makes 6 Servings)

INGREDIENTS

3 tablespoons olive oil
3 garlic cloves, chopped
1 small yellow onion, chopped
2 Asian eggplants, cut into 3/4-inch cubes
3 zucchini, sliced into 1/4-inch rounds
3 yellow or red bell peppers, seeded, de-veined and cut into long, narrow strips
10 ounces plum tomatoes, peeled and chopped
Salt and pepper, to taste

DIRECTIONS

In a pot over low heat, warm olive oil. Add garlic and onion, and saute until translucent, about 5 minutes.

Add eggplants, zucchini and peppers, and saute for about 3 minutes, stirring frequently.

Add tomatoes and season to taste with salt and pepper. Cover and cook on low heat until flavors are blended, about 40 minutes. If necessary, add a little water to keep vegetables moist.

Spoon into a serving dish and serve while warm.

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