

Healthy Food for a Wealthy Mood



Tomato, Squash, and Red Pepper Gratin

5 tsp. olive oil, divided
2 cups chopped red onion
1 ½ cups chopped red bell pepper
1 lb. yellow squash, cut into ¼ inch thick slices
1 Tbsp. minced garlic
½ cup cooked quinoa
½ cup thinly sliced fresh basil, divided
1 ½ tsp. chopped fresh thyme
¾ tsp. salt, divided
½ tsp. black pepper
½ cup 2% reduced-fat milk
3 oz. aged Gruyere cheese, shredded
3 large eggs, lightly beaten
Cooking spray
1 ½ oz. French bread baguette, torn
1 12oz. beefsteak tomato, seeded and cut into 8 slices

Preheat oven to 375. Heat a large nonstick skillet over medium heat. Add 4 tsp. oil; swirl to coat. Add onion; cook 3 minutes. Add bell pepper; cook 2 minutes. Add squash and garlic; cook 4 minutes. Place vegetable mixture in a large bowl. Stir in quinoa, ¼ cup basil, thyme, ½ tsp. salt, and black pepper.

Combine remaining ¼ tsp. salt, milk, cheese, and eggs in a medium bowl, stirring with a whisk. Add milk mixture to vegetable mixture, stirring until just combined. Spoon mixture into an 11x7 inch glass or ceramic baking dish coated with cooking spray.

Place bread in a food processor; pulse until coarse crumbs form. Return skillet to medium-high heat. Add remaining 1 tsp. oil to pan; swirl to coat. Add breadcrumbs; cook 3 minutes or until toasted. Arrange tomatoes evenly over vegetable mixture. Top evenly with breadcrumbs. Bake at 375 degrees for 40 minutes or until top is browned. Sprinkle with remaining ¼ cup basil.

Serves 6

CALORIES 235; FAT 12.1g; PROTEIN 12.2g; CARB 21.2g; FIBER 3.9g;
CHOL 123mg; IRON 1.9mg; SODIUM 443mg; CALC 229mg

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