



BAKED EGGPLANT ZUCCHINI SPAGHETTI

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ONE BATCH MAKES 6-8 SERVINGS.

INGREDIENTS	X 1	X 2	X 3	X 4
Olive Oil	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Celery, diced	2 cups	4 cups	6 cups	8 cups
Red Bell Pepper, seeded and chopped	1 1/2 cups	3 cups	4 1/2 cups	6 cups
Onion, diced	1 1/4 cups	2 1/2 cups	3 3/4 cups	5 cups
Garlic, minced	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons
Tomato sauce, gluten and dairy free	28 ounces	56 ounces	84 ounces	112 ounces
Worcestershire Sauce, gluten free	2 teaspoons	4 teaspoons	2 tablespoons	8 teaspoons
Balsamic Vinegar	2 teaspoons	4 teaspoons	2 tablespoons	8 teaspoons
Basil, dry, crushed	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Sugar	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
Black Pepper, ground	to taste	to taste	to taste	to taste
Salt	to taste	to taste	to taste	to taste
Spaghetti, gluten free, broken into small pieces	1 1/2 cups	3 cups	4 1/2 cups	6 cups
Eggplant, cut in 1/4" slices then chopped	3 cups (about 1 medium)	6 cups (about 2 medium)	9 cups (about 3 medium)	12 cups (about 4 medium)
Zucchini, cut in 1/4" slices then chopped	2 cups (about 2 medium)	4 cups (about 4 medium)	6 cups (about 6 medium)	8 cups (about 8 medium)
Cheese Substitute, gluten & dairy free, mozzarella style, optional	8 ounces	16 ounces	24 ounces	32 ounces

Heat olive oil in skillet over medium-high heat. Saute celery, red pepper and onion in oil until almost tender. Add garlic and cook for about a minute. Add tomato sauce, Worcestershire sauce, balsamic vinegar, basil, sugar, salt, and pepper. In a 9"x13" pan (one for each batch), layer half sauce mixture, then half broken gluten free spaghetti, then eggplant and zucchini, then half dairy free mozzarella cheese substitute (if using), the remaining broken gluten free spaghetti, remaining sauce, and top with cheese substitute (if using). Cover with foil, label and freeze.

To serve: Thaw. Keep foil on and bake on 350 degrees for 50 minutes. For last ten minutes, uncover the casserole. You may wish to turn up the heat to brown the dairy free cheese (if using) in the last few minutes.