



Zucchini and Potatoes (Briam)

This simple “peasant” dish of layered zucchini and potatoes is popular all over Greece and the Greek Islands. The half a cup of extra virgin olive oil produces a rich flavor while remaining very good for you. This was often considered a meal and was served with a small piece of feta cheese and a slice of hearty whole grain bread. It is easy to prepare and is one of my favorite Mediterranean recipes!

Ingredients:

- 3 medium zucchini, sliced thin
- 2 medium potatoes, sliced thin
- 2 red peppers, seeds removed, cut into thin rings
- 2 onions, sliced thin
- 3 fresh tomatoes, sliced thin
- 1 cup parsley, stems removed and chopped
- 1/2 cup extra virgin olive oil
- salt and pepper, to taste
- 1 cup water

Instructions

1. Preheat oven to 350 degrees F.
2. Place all ingredients in a very large casserole dish. Mix well.
3. Bake 1 hour covered and then 10 minutes uncovered.

Serves 8

Adapted from Foods of Crete by Koula Barydakis and Bill Bradley, R.D.