

**Kolokythakia Mpriami**  
*koh-loh-kee-THAH-kee-yah*  
Submitted by Theodore Georgacopoulos

**Ingredients:**

2 lbs kolokythakia (zucchini)  
1 lb potatoes  
1 onion, sliced  
½ to ¾ cup extra virgin olive oil  
1 cup of water  
1 can - 1 lb – crushed tomatoes  
2 table spoons – 2 oz - tomato paste diluted  
10 leaves of fresh mint, chopped  
Salt, pepper to taste

**Directions:**

Clean and slice the kolokythakia, potatoes, and onion to your liking. Place them in a deep pan and add the mint, olive oil, tomatoes, tomato sauce, salt and pepper and stir all together well – the potatoes need to be oiled or they will oxidize. Cover the pan with aluminum foil and place it in the oven to cook at 350°F for 45 - 60 minutes. You may want to remove the cover from the last 15 minutes so the water will evaporate. Check to make sure that the potatoes are done – they should be soft as well as the kolokythakia, if not add some more water and let them cook until done.

When done there should not be any water in the bottom of the pan, just oil. If there is still water let it cook some more until all the water has evaporated. Take it off the oven and let it sit for 5-10 minutes. It is ready to be served.

You can cook them in a clay pot if you want – for some people clay pots give the best results for oven dishes. It serves about 4 to 6 depending on the quantity served. **Kali Orexi, Bon Appétit and Enjoy!**

**Notes:**

1. You can cook other vegetables like green beans, okra, your preferred green, or beef, pork, chicken or game meats the same way, but watch for cooking times.
2. You can try your own combinations with other ingredients and test the recipe.

*"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any Virtue and if there is anything praiseworthy—meditate on these things" (Philippians 4:8).*