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large ceramic baking dish with olive oil. Place slices
bottom of the dish. Drizzle with olive oil. Cover the
of potatoes. Drizzle with olive oil and sea salt. Cover
ces of red pepper. Drizzle with olive oil and a little salt.
er with slices of onion, drizzle with olive oil. Finally
slices of tomato, drizzle with olive oil and add salt.
oven, cook for 2 hours. Serve hot, warm or cold.



doctor stuart's sensational, superb and always satisfying salad and sauce

serves 4

ingredients:

for the sauce:

2 tablespoons red wine vinegar
1 tablespoon white wine vinegar
4 tablespoons oyster sauce
4 tablespoons olive oil
4 tablespoons ginger/carrot sauce

for the salad:

1 small romaine lettuce heart torn
1 medium tomato, cut in quarters
1 small white onion, finely chopped
12 mixed japanese salad leaves,
1 garlic clove, chopped

mix all ingredients together, making sure to coat all elements equally

