

Ratatouille

by Robin Broadfoot

Ingredients

for 8 servings

VEGGIES

2 eggplants

6 roma tomatoes

2 yellow squashes

2 zucchinis

SAUCE

2 tablespoons olive oil

1 onion, diced

4 cloves garlic, minced

1 red bell pepper, diced

1 yellow bell pepper, diced

salt, to taste

pepper, to taste

28 oz can of crushed tomatoes (795 g)

2 tablespoons chopped fresh basil, from 8-10 leaves

HERB SEASONING

2 tablespoons chopped fresh basil, from 8-10 leaves

1 teaspoon garlic, minced

2 tablespoons Chopped fresh parsley

2 teaspoons fresh thyme

salt, to taste

pepper, to taste

4 tablespoons olive oil

Nutrition Info

Calories **123**

Fat **4g**

Carbs **20g**

Fiber **6g**

Sugar **11g**

Protein **4g**

Estimated values based on one serving size.

Preparation

- 1** Preheat the oven for 375°F (190°C).
- 2** Slice the eggplant, tomatoes, squash, and zucchini into approximately $\frac{1}{16}$ -inch (1-mm) rounds, then set aside.
- 3** Make the sauce: Heat the olive oil in a 12-inch (30-cm) oven-safe pan over medium-high heat. Sauté the onion, garlic, and bell peppers until soft, about 10 minutes. Season with salt and pepper, then add the crushed tomatoes. Stir until the ingredients are fully incorporated. Remove from heat, then add the basil. Stir once more, then smooth the surface of the sauce with a spatula.
- 4** Arrange the sliced veggies in alternating patterns, (for example, eggplant, tomato, squash, zucchini) on top of the sauce from the outer edge to the middle of the pan. Season with salt and pepper. Cover the pan with foil and bake for 40 minutes. Uncover, then bake for another 20 minutes, until the vegetables are softened.
- 5** Mix herb seasoning ingredients and pour over the cooked ratatouille.
- 6** Serve while hot as a main dish or side. The ratatouille is also excellent the next day--cover with foil and reheat in a 350°F (180°C) oven for 15 minutes, or simply microwave to desired temperature.
- 7** Enjoy!