

# Ratatouille

## Ingredients:

### For the Sauce

- 2 tablespoons olive oil
- 1 onion, diced
- 4 garlic cloves, minced
- 2 bell peppers, diced (1 red, 1 yellow)
- 1 can (28 oz.) no salt added crushed tomatoes
- 2 tablespoons fresh basil, chopped or
- 2 teaspoons dried
- Salt and pepper to taste

### For the sliced vegetables

- 2 eggplants
- 6 Roma tomatoes
- 2 yellow squash
- 2 zucchinis

### For the Herb Seasoning

- 2 tablespoons fresh basil, chopped
- 1 teaspoon garlic, minced
- 2 tablespoons fresh parsley, chopped
- 2 teaspoons fresh thyme
- 1/4 cup tablespoons olive oil
- Salt and pepper to taste

## Directions

1. Preheat the oven to 375°F.
2. Slice the eggplants, Roma tomatoes, squash, and zucchini into approximately 1/16 inch rounds. Set aside.
3. Heat 2 tablespoons of olive oil in a 12-inch oven safe pan or sauce pan. Sauté onions, garlic, and bell peppers until soft. Season with a pinch of salt and pepper then add the crushed tomatoes. Stir until ingredients are fully incorporated. Turn off the heat and add basil. Stir once more, and then smooth surface of sauce with spatula in oven safe pan or transfer to oven safe dish then smooth.
4. Arrange the sliced vegetables in alternating patterns (e.g. eggplant, tomato, squash, zucchini) on top of the sauce from the outer edge to the inside of the pan.
5. Mix herb seasoning and evenly pour over the vegetables.
6. Cover pan with foil and bake for 40 minutes. After 40 minutes, cover and bake for an additional 20 minutes or until vegetables are soft.
7. Serve while hot as main dish or as side dish. Ratatouille is also great the next day.

## Nutrition Facts

Serving Size 2 cups (450g)  
Servings Per Container 8

Amount Per Serving

**Calories 200**      **Calories from Fat 90**

**% Daily Value\***

**Total Fat 9g**      **14%**

**Saturated Fat 1g**      **5%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 45mg**      **2%**

**Total Carbohydrate 25g**      **8%**

**Dietary Fiber 9g**      **36%**

**Sugars 12g**

**Protein 5g**

**Vitamin A 25%**      • **Vitamin C 150%**

**Calcium 4%**      • **Iron 6%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

