

## **RATATOUILLE**

Yield: 6 Servings | Serving Size: 3/4 cup

Cost/Serving: \$1.07

## **Ingredients:**

1 3/4 cups eggplant

1 1/2 cups zucchini, or other summer squash

1/2 cup onion

1/3 cup red bell pepper

1 tsp salt

1 tbsp olive oil

3 tbsp garlic

1/3 cup diced tomato, canned, undrained, low-sodium or no-salt added

Pinch of ground black pepper

1/8 tsp crushed red pepper

1/2 tsp dried basil leaves

Pinch of dried oregano leaves

This institution is an equal opportunity provider.

## **Directions:**

- 1. Trim and peel eggplant. Cut into 1-inch cubes. Trim zucchini and cut into 1/2-inch cubes. Trim and peel onion. Cut into 1/4-inch dice.
- 2. Stem, core, and seed pepper. Cut into 1/8-inch-thick strips.
- 3. Put the eggplant in a colander. Sprinkle with 2/3rd of the salt. Let stand for 30 minutes. Rinse and drain thoroughly.
- 4. Heat oil in a large skillet or steam kettle. Add the onions, eggplant, and garlic, and cook, stirring occasionally, until tender, 10-12 minutes
- 5. Preheat convection oven to 350° or conventional oven to 375°F

Recipe adapted from New School Cuisine Cookbook, Vermont FEED and MT Harvest of the Month

## Nutrition Facts 6 servings per container Serving size 3/4 cup (0.0g) **Amount Per Serving** Calories % Daily Value Total Fat 2.5g Saturated Fat 0g Trans Fat 0g 0% Cholesterol 0mg Sodium 390mg 17% Total Carbohydrate 7g 3% Dietary Fiber 2g Total Sugars 3g Includes 0g Added Sugars 0% Protein 1g Vitamin D 0mcg 0% Calcium 30mg 2% Iron 0.5mg Potassium 110mg The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a

day is used for general nutrition advice.

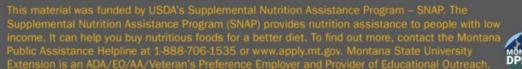
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- 6. Add the zucchini and peppers to the pan. Cook, stirring occasionally, until most of the liquid is evaporated, 5-10 minutes.
- 7. Stir in tomatoes and their juices, remaining salt, pepper, crushed red pepper, basil, and oregano. Cook for 5 minutes.
- 8. Put in baking dish.
- 9. Bake for 20 minutes.

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