

Ratatouille



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 6

Prep: 20 minutes | **Cook:** 30 minutes

INGREDIENTS

- 2 tablespoons cooking oil
- 1 medium onion, diced
- 4-6 cloves of garlic, minced
- 2 large eggplants, diced
- 2 large bell peppers, diced
- 2-3 medium tomatoes, diced
- 3-4 yellow squash or zucchini, diced (optional)
- 1 ½ teaspoons dried basil
- ½ teaspoon salt
- Black pepper to taste
- 2 tablespoons Parmesan cheese (optional)

DIRECTIONS

1. Heat large pot over medium heat. Add oil, black pepper, and onion. Cook onion for 3 to 5 minutes, stirring frequently.
2. Add garlic, cook another minute, stirring constantly.
3. Add eggplant, bell pepper, summer squash or zucchini (optional) and salt. Sauté 5 minutes or until eggplant starts to soften.
4. Add tomatoes and dried basil. Simmer approximately 15 minutes.
5. Top each serving with 1 teaspoon parmesan cheese if desired.



Nutrition Information

Serving Size: 1/6 of recipe made with squash, fresh tomatoes and cheese

Total calories	139
Total fat	5.7 g
Saturated fat	1 g
Cholesterol	1 mg
Sodium	240 mg
Carbohydrates	21.1 g
Fiber	9 g
Sugar	11.1 g
Protein	4.7 g

Notes:

- If you don't have fresh tomatoes, substitute with one (14.5 ounce) can diced tomatoes!

Recipe source: Greater Chicago Food Depository