

Try a Vegetarian Meal!



Ratatouille

Serves: 4 | Serving Size: 2 cups

Ingredients:

2 tablespoons olive oil
1 onion, chopped
1 shallot, minced
2 cloves garlic, minced
1 tablespoon Italian seasoning
Pinch of rosemary
1 bay leaf
Black pepper to taste
2 small eggplants, diced large
1 yellow squash, diced large
1 zucchini, diced large
1 cup mushrooms, quartered
1 red or green bell pepper, diced large
2 cans no-salt-added diced tomatoes
1 cup water or low-sodium broth
1 teaspoon parsley

Directions:

Preheat the oven to 350 degrees Fahrenheit.

Sauté the olive oil, onion, shallot, and garlic until translucent, about 3 minutes.

Add the rest of the ingredients (except the parsley) and bring to a boil. Transfer to an oven-proof dish and cover.

Bake for 90 minutes, then serve hot, garnished with parsley.

Nutrition Information:

Serves 4. Each serving contains 196 calories, 8 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 55 mg sodium, 29 g carbohydrate, 10 g dietary fiber, 15 g sugar, & 7 g protein.

Each serving has 34% DV vitamin A, 158% DV vitamin C, 12% DV calcium, and 22% DV iron.

Chef's Tips:

Toss a spaghetti squash and a few yams in the oven with the ratatouille for a fantastic vegetarian meal.

Instead of using the oven, you can put everything in the slow cooker on high for 2 hours.

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