



A Nutrition Resource



# 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

### 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 50**

	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 110mg	2%

\* 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.

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

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