

Ratatouille

Ingredients:

- 2 onions
- 2 eggplants, whole
- 4 zucchini
- 2 bell peppers
- 3 tomatoes, red ripe
- 2 cloves garlic
- 2 teaspoons vegetable oil
- 1 tablespoon fresh thyme or
1 teaspoon dried
- 1 tablespoon fresh oregano or
1 teaspoon dried
- 1 tablespoon fresh basil or 1 teaspoon dried

Equipment:

- Non stick skillet
 - Cutting board
 - Knife
 - Measuring spoons
 - Spatula
- Number of Servings: 6
 Prep Time: 20 minutes
 Total Time: 1 hour

Directions

1. Cut the ends off of the onion, and peel off the brown layers. Cut onion in half, and place flat side down. Slice into thin strips keeping onion together. Turn and slice again to dice. Set aside.
2. Remove ends from eggplant. Slice into 1 inch slices, then stack slices to cut into 1 inch cubes. Set aside.
3. Trim off ends of the zucchini. Cut in half lengthwise then cut each half again to quarter. Slice into 1/2 inch pieces.
4. Cut green pepper in half. Remove stem and seeds. Slice into strips, then turn and slice again to dice. Set aside.
5. Chop tomato in half and remove core. Chop into 1/2 inch pieces. Set aside.
6. Mince garlic into small pieces.
7. In a heavy non-stick skillet, heat oil over medium high heat. Sauté onions until translucent, about three minutes. Add eggplant, zucchini, bell pepper, and tomatoes to skillet. Add garlic, thyme, oregano and basil to skillet.
8. Reduce heat, cover and simmer 30-45 minutes until vegetables are thoroughly cooked. Stir to prevent sticking.
9. Uncover and cook another 5 minutes to reduce liquid. Best made ahead to allow flavors to blend. Serve warm or cold.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter
www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts	
Serving Size: 1 cup	
Servings: 6	
Amount Per Serving	
Calories 117	Calories from Fat 18
%Daily Value*	
Total Fat 2g	4%
Saturated Fat trace 1g	2%
Cholesterol 0mg	0%
Sodium 17mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 8g	33%
Protein 5g	9%
Vitamin A 27%	Vitamin C 108%
Iron 17%	Calcium 9%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.