

Ratatouille

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Serves: 4 | *Serving Size:* 2 cups

Total Time: 100 min | *Prep:* 10 min | *Cook:* 90 min

Ingredients:

2 tablespoons olive oil
1 onion, chopped
1 shallot, minced
2 cloves garlic, minced
1 tablespoon Italian seasoning
pinch rosemary
1 bay leaf
black pepper to taste
2 small eggplant, 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

garnish: 1 teaspoon parsley

Directions:

Preheat oven to 350°F.

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 into an oven-proof dish and bake for 1.5 hours, covered.

Serves 4. Each 2 cups serving: 196 calories, 8g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 55mg sodium, 29g carbohydrate, 10g fiber, 15g sugars, 7g protein. © Food and Health Communications

