

Ratatouille

Serves 6 | Serving size: 1 cup

Ingredients:

- 3 tablespoons oil
- 1 tablespoon garlic, minced
- 2 medium zucchini, sliced into 1-inch thick half circles
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 medium eggplant, cut into 1-inch cubes
- 2 large tomatoes, cut into 1-inch pieces
- Salt and pepper to taste
- Optional: top with basil

Directions:

- 1. Heat oil in a large pan over medium heat.
- 2. Add garlic, zucchini, pepper, eggplant, tomatoes, and salt and pepper to taste.



- 3. Cover and cook for about 20 minutes, stirring occasionally until vegetables are tender.
- 4. Optional: top with basil for additional flavor.

Tips:

This dish can be eaten as a side dish or as a main dish.
Recommend pairing it with a whole grain, such as pasta, rice or quinoa.

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