

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.