



## RECIPE:

# Eggplant Ratatouille

Number of Servings: 8

### Ingredients:

- 2 Tbsp. vegetable oil
- 1 yellow onion, sliced
- 2 bell peppers, chopped
- 1 eggplant, peeled and cubed
- 3 garlic cloves, minced
- 1 (15oz.) can diced tomatoes, undrained
- 1 tsp. dried basil
- 1/2 tsp. black pepper
- 1/2 c. fresh parsley, chopped

### Directions:

1. Wash hands with soap and water.
2. Rinse all produce under cool running water.
3. Peel onion and slice onion into 1/2 inch pieces.
4. Remove stem and seeds from pepper and cut into 1 inch pieces.
5. Cut eggplant into 1 inch pieces.
6. In a large saucepan, heat oil. Add onion, bell peppers, eggplant and garlic. Sauté until tender, or about 15 minutes.
7. Add tomatoes and basil, cook about 10 minutes. Add pepper and parsley before serving.
8. Serve hot.
9. Store leftovers in a sealed container in the refrigerator.

Options: Use 2 Tbsp. dried parsley in place of the 1/2 c. fresh chopped parsley.

### Nutrition Info:

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
Amount per serving	
<b>Calories</b>	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 354mg	8%

\*The % Daily Value 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.

Recipe Credit: MyPlate Kitchen, ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.