

Ratatouille

Makes: 8 Servings

Ingredients

2 tablespoons canola oil
1 yellow onion, sliced
3 garlic cloves, minced
2 bell peppers (green, red, or yellow)
1 eggplant (peeled and cut into 1 inch cubes)
1 can diced tomatoes, undrained (15 ounces)
1 teaspoon dried basil
1/2 teaspoon black pepper
1/2 cup chopped parsley

Directions

1. Heat oil in a large saucepan and saute onion, garlic, bell peppers and eggplant until tender, about 15 minutes.
2. Add tomatoes and basil, cook about 10 minutes. Add pepper and parsley before serving.
3. Serve hot. Cover and refrigerate within 2 hours.

Notes

Optional: Use a bag of frozen vegetables. It will be more economical than fresh vegetables and contain less sodium than canned vegetables.