

# Ratatouille (CNPP)

**Prep time:** 20 minutes

**Cook time:** 1 hour, 20 minutes

**Makes:** 8 Servings

Simmer eggplant, zucchini, red peppers, and tomatoes with onion, garlic, and seasonings for a delicious flavor in this classic dish.

## Ingredients

- 1 tablespoon** vegetable oil
- 1** large yellow onion (peeled and chopped into 1/4 inch pieces)
- 4 cloves** garlic (peeled and minced)
- 1** medium eggplant (peeled and diced into 1/4-1/2 inch pieces)
- 2** zucchini (diced into 1/4-1/2 inch pieces or use 2 cups of frozen zucchini)
- 1** red bell pepper (cored, seeded, and diced into 1/4 inch pieces)
- 1 teaspoon** dried basil
- 1/2 teaspoon** dried oregano
- 3 1/2 cups** canned low-sodium tomatoes (including the juice or fresh tomato)
- 1** lemon (quartered)
- 1/4 cup** chopped fresh basil leaves

## Directions

1. Put the pot on the stove over medium-low heat and when it is hot, add the oil. Add the onion and garlic and cook until golden, about 10 minutes.



### Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	77	
Total Fat	2 g	3%
Protein	3 g	
Carbohydrates	14 g	5%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	18 mg	1%

### MyPlate Food Groups

Vegetables	2 cups
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2. Add the eggplant, zucchini, bell pepper, basil, and oregano and cook, covered, until the eggplant is very, very soft, about 40 minutes.

3. Add the tomatoes and cook, uncovered, for 20 minutes. Serve right away, garnished with lemon quarters and basil, or cover and refrigerate up to 3 days.

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