

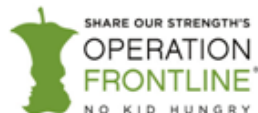


Chef in the Garden

Ratatouille

8/7/09

Serves 4, 1½ cups per serving



Ingredients:

- 1 small red onion
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 3 Tablespoons canola oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 medium cloves garlic
- 1 (14½ ounce) can diced tomatoes, no salt added

Chef's Notes

- Serve over spinach, brown rice, whole wheat pasta or with hearty whole grain bread.
- Top with grated Parmesan cheese, if desired.
- For a faster version, vegetables, including diced tomatoes, can be sautéed on stove top with 1 teaspoon of oil, instead of baked.

Recipe courtesy of Chef Jonathan Ahoit, Denver, CO

Directions

1. Preheat oven to 400°F.
2. Peel and rinse onion. Rinse eggplant, zucchini and squash.
3. Dice onion and eggplant into ½-inch pieces. Slice zucchini and squash into ½-inch slices.
4. Toss onion, eggplant, zucchini and squash with oil, basil, oregano, salt and black pepper in a bowl, until vegetables are coated.
5. Place vegetable mixture in a baking dish and bake for 20 minutes. Remove dish from oven.
6. Drain canned tomatoes. Peel and mince garlic.
7. Add minced garlic and tomatoes to 9x13-inch baking dish and mix.
8. Return dish to oven and bake for another 15-20 minutes, or until vegetables are tender, stirring occasionally.



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