

Ratatouille



Ingredients

- 1-1/3 cups eggplant
- 2/3 cup onions
- 1-1/4 cup red bell peppers
- 1-1/2 cup zucchini
- 1/3 cup tomatoes
- 3-1/2 tbsp canola oil
- 2 tsp italian seasoning
- 2 cups canned diced tomatoes, no salt added
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder

Notes

Number of Portions: 4

Serving Size: 1-1/2 cup

Nutrition Facts: 186 calories, 13.85 g fat, 1.09 g saturated fat, 581 mg sodium, 14.49 g carbohydrate, 4 g fiber, 8.4 g sugar, 2.81 g protein

Directions

1. Wash and medium dice all vegetables. Keep separate.
2. Divide oil between vegetables and toss each vegetable separately, just coating them.
3. Divide Italian seasoning between vegetables, sprinkle, and toss again.
4. Place each vegetable on a baking sheet lined with parchment paper and roast at 375° F until tender and a little brown. Times vary from 10 to 20 minutes.
5. Put canned tomatoes and remaining seasoning in a pot and heat to 165° F.
6. When vegetables are all roasted and heated, combine. Taste and adjust seasoning as needed.

