

Ratatouille

Makes: 4 servings (1½ cups each)

Ingredients

- 1 small red onion (diced)
- 2 medium cloves garlic (minced)
- 1 small eggplant (cut into ½" cubes)
- 1 medium zucchini (sliced)
- 1 medium yellow squash (sliced)
- 1 large tomato (chopped)
- 3 Tablespoons canola oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Directions

1. Preheat oven to 425°F.
2. In a medium bowl, add onion, eggplant, zucchini, squash, garlic, oil, basil, oregano, salt, and black pepper. Toss until veggies are well coated.
3. Coat baking sheet with non-stick cooking spray. Spread veggies out in a single layer so they do not touch. Bake for 20 minutes. Remove from oven.
4. Add tomato to baking sheet. Return baking sheet to oven. Bake, stirring occasionally, until veggies are golden crisp, about 15–20 minutes. Serve.

Total Cost: \$4.48

Serving Cost: \$1.12



Nutrition Facts	
4 servings per container	
Serving size	1/2 cup (312g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 698mg	15%

*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.

