



ZUCCHINI-VEGETABLE SAUTÉ (RATATOUILLE)

INGREDIENTS:

- 5 cups Zucchini, sliced into ¼ inch pieces (3 medium zucchini)
- 6 cups Eggplant, cubed in ½ inch pieces (1 large eggplant)
- 3 cups Onion, peeled and sliced (1 large onion)
- 4 Roma tomatoes, chopped in large chunks and seeded
- 4 tbsp Olive oil [to taste]
- 2 cloves Garlic, chopped
- 6 leaves Fresh basil, chopped [to taste]
- 2 or 3 sprigs Thyme, fresh or dried
- to taste Salt and pepper [liberal pepper helps flavor]

PREP TIME: 50 MINUTES

SERVES: 7

SERVING: 1 CUP

NUTRITION INFORMATION (PER 1 CUP) SERVING:

Calories: 120	Total Fat: 8g (13% DV)	Saturated Fat: 1g (6% DV)	Sodium: 15mg (1% DV)
Total Carbohydrate: 12g (4% DV)	Fiber: 4g (17% DV)	Protein: 3g	

Funded by USDA Supplemental Nutrition Assistance Program through the State of Michigan. These institutions are equal opportunity providers and employers. For food help contact the toll free Michigan Food Assistance Program Hotline: (855) ASK-MICH.



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PREPARATION:

1. Place olive oil in large saucepan and heat
2. Microwave eggplant covered with paper towel until mostly softened about 4 min
3. Sauté onion and garlic until softened
4. Add zucchini and cook until tender
5. Add tomatoes and eggplant and stir to thoroughly mix
6. Bring mixture to a boil, then turn to simmer. Cover and cook, stirring occasionally, until tender
7. Remove vegetables with a slotted spoon to a bowl
8. If too much liquid remains in the pan continue to heat liquid over medium heat until what remains is the consistency of sauce
9. Return vegetable mixture to pan and re-warm
10. Add basil and thyme. Adjust seasoning

TIPS:

- Refrigerate leftovers and eat within a few days for best taste. Discard after 7 days
- Re-heat food to a temperature of 165°F before serving
- Serve with crusty bread and optional grated cheese as lunch appetizer, side dish, or crusty sandwich ingredient
- This is good hot, warm, or room-temperature and only improves when stored in refrigerator
- Eggplant that is lighter in weight is thought to have less seeds, which will help in preparing this dish



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