

## Garden Fresh Ratatouille



- 1 small

eggplant, unpeeled, cut into 1/2-inch pieces

- 1 small green sweet pepper, seeded and cut into strips
- 1 small onion, thinly sliced
- 1 clove garlic, minced
- 1 tablespoon cooking oil
- 1 large zucchini or other summer squash, sliced
- 1 large tomato peeled and cut into wedges
- 1 tablespoon snipped fresh basil
- 1/8 teaspoon salt
- 1/8 to 1/4 teaspoon pepper tablespoons snipped parsley
- 1/4 cup shredded Parmesan cheese

1. In colander over a sink or large bowl mix cut eggplant with ½ teaspoon salt. Let stand 30 minutes. Rinse and drain well. Pat eggplant dry.
2. In a 4-quart pot cook sweet pepper, onion, and garlic in hot oil over medium heat for 5 minutes, stirring frequently. Stir in eggplant, summer squash or zucchini, tomato, basil, salt and pepper. Cover and cook 5 to 7 minutes longer or until vegetables are tender, stirring occasionally. Stir in parsley.
3. To serve, top cooked rice, polenta, baked potato or pasta with ratatouille mixture. Sprinkle 1 tablespoon Parmesan cheese over each serving.

Yields 4 servings.

<b>Nutrition Facts</b>	
Serving Size: about 1/4 recipe	
Servings per recipe: 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 111	Calories from fat 45
	% Daily
Value	
<b>Total Fat</b> 5g	8%

Saturated fat	1g	7%
<b>Cholesterol</b>	4mg	1%
<b>Sodium</b>	166g	7%
<b>Carbohydrate</b>	13g	4%
Dietary Fiber	5g	19%
<b>Protein</b>	5g	9%
Vitamin A:	13%	Vitamin C: 65%
Calcium:	10%	Folacin: 12%
14%		Potassium:

**Source:** Modified from: Original Source: BHG.com

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