



Ratatouille

6 Servings • 1 Serving = ¾ Cup

INGREDIENTS

- 2 Tablespoons extra virgin olive oil
- ½ small white onion, chopped
- 2 cloves garlic, finely chopped
- ½ red bell pepper, chopped
- 1 small eggplant, chopped
- 1 small zucchini, chopped
- 1 cup mushrooms, chopped
- 2-3 Roma tomatoes, chopped
- Salt and freshly ground black pepper, to taste
- Handful of fresh basil and parsley, chopped

DIRECTIONS

1. Heat a large pot over medium heat. Add oil and then add the onion. Sauté until onion is translucent, about 5 minutes. Add the garlic and sauté another minute.
2. Turn the heat to medium-low. Add vegetables in the following order, making sure to cook each vegetable for 2-3 minutes before adding the next: bell pepper, eggplant, zucchini, mushroom, and tomato.
3. Turn heat to low and allow the vegetables to simmer another 5 minutes.
4. Season with salt and pepper and top with fresh herbs.

Nutrition Facts	
6 servings per container	
Serving size	¾ cup
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 370mg	8%

*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.

Developed by The Children's Hospital of San Antonio

chefa.org

@CHEFSanAntonio



© Culinary Health Education for Families