



Summer Vegetable Ratatouille

"Very delicious. I also add a mixed green salad on the side, and some French bread with butter for a wonderful meal. It makes a large batch, but I found that it freezes really well for future use."

Serves 8 191 Calories per serving

Ingredients

- 2 onion, sliced into thin rings
- 3 cloves garlic, minced
- 1 medium eggplant, cubed
- 2 zucchini, cubed
- 2 medium yellow squash, cubed
- 2 green bell peppers, seeded and cubed
- 1 yellow bell pepper, dice
- 1 chopped red bell pepper
- 4 roma (plum) tomatoes, chopped
- 1/2 cup olive oil
- 1 bay leaf
- 2 tablespoons chopped fresh parsley
- 4 sprigs fresh thyme
- salt and pepper to taste

Directions

1. Heat 1 1/2 tablespoon of the oil in a large pot over medium-low heat. Add the onions and garlic and cook until soft.
2. In a large skillet, heat 1 1/2 tablespoon of olive oil and saute the zucchini in batches until slightly browned on all sides. Remove the zucchini and place in the pot with the onions and garlic.
3. Saute all the remaining vegetables one batch at a time, adding 1 1/2 tablespoon olive oil to the skillet each time you add a new set of vegetables. Once each batch has been sauteed add them to the large pot as was done in step 2.
4. Season with salt and pepper. Add the bay leaf and thyme and cover the pot. Cook over medium heat for 15 to 20 minutes.
5. Add the chopped tomatoes and parsley to the large pot, cook another 10-15 minutes. Stir occasionally.
6. Remove the bay leaf and adjust seasoning.

Footnotes

Chef's Tip

- Reynolds® Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Nutrition Facts

Per Serving: 191 calories; 14.1 g fat; 15.9 g carbohydrates; 3.2 g protein; 0 mg cholesterol; 13 mg sodium.