



Ratatouille

- 2 Tbl oil
 - 1 medium onion, chopped
 - 2 bell peppers, chopped
 - 6 cloves garlic, minced
 - 2 medium zucchini and/or yellow squash, cut into cubes
 - 1 medium eggplant, cut into cubes
 - 1 pound tomatoes, chopped or 1 (28 oz) can diced tomatoes
 - 1 1/2 tsp salt
 - Black pepper to taste
 - 1 1/2 tsp dried basil (or other herbs)
1. Add 1 tsp of salt to cubed eggplant in a bowl and let sit for 20 minutes. Rinse and allow to dry.
 2. Heat oil in a large pot over medium heat. Add onion and cook for 3 to 5 minutes.
 3. Add bell pepper and cook for 3 to 5 minutes.
 4. Add garlic and cook for 1 to 2 minutes.
 5. Add zucchini, yellow squash and eggplant and cook for 5 to 10 minutes.
 6. Add tomatoes, salt, pepper and dried basil and simmer for 10 more minutes.

Makes 6 servings

Slow Cooker Instructions:

1. Add all ingredients to a large slow cooker. Stir to combine.
2. Cover and cook on low for 7 to 9 hours.

Nutrition Facts

Serving Size 1 Cup
Servings Per Container 6

Amount Per Serving

Calories 140 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 250mg **10%**

Total Carbohydrate 20g **7%**

Dietary Fiber 7g **28%**

Sugars 10g

Protein 4g

Vitamin A 20% • Vitamin C 160%

Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ratatouille

History: This traditional stew originated in the South of France and got its name from the word “touiller” which means “to toss”. It’s commonly made with summer vegetables such as peppers, tomatoes, zucchini and yellow squash. In today’s version of Ratatouille, eggplant is added.



Have leftover Ratatouille? Serve it over your favorite pasta or spread it onto pizza dough, top with cheese and bake until golden brown for a simple and delicious meal.

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Cut eggplant, zucchini and yellow squash into cubes.



Salt the eggplant with 1 tsp salt and rinse after 20 minutes.



Cook veggies with seasonings until tender, about 30 minutes.