

Ratatouille

Serve with seared chicken thighs, barley pilaf and tomato coulis.

<u>U.S.</u>		<u>Metric</u>
1 each	Eggplant, medium dice	1 each
1/4 tsp	Salt, kosher	0.75 g
1 Tbsp	Olive oil	15 mL
1/2 tsp	Red pepper flakes	1.5 g
1/2 each	Yellow onion, medium dice	80 g
1/2 each	Red bell pepper, medium dice	60 g
4 cloves	Garlic, sliced	4 cloves
1 each	Zucchini, medium dice	1 each
2 each	Plum tomatoes, medium dice	2 each
1/4 cup	Basil, chiffonade	15 g
1 tsp	Thyme, fresh	1 g
1/4 tsp	Black pepper	0.75 g

Preparation:

1. Gather all ingredients and equipment.
2. Toss the eggplant with the salt, place the eggplant in a colander and let to drain for 20 minutes.
3. Meanwhile, place a large pan over medium-high heat and add the olive oil.
4. Add the red pepper flakes, onion and bell pepper to the pan. Sauté for 4-5 minutes then add the garlic. Sauté for an additional minute.
5. Add the zucchini and drained eggplant, sauté for 7-8 minutes or until the eggplant and zucchini are tender.
6. Add the remaining ingredients and continue to cook for 2-3 minutes. Remove from the pan and serve.

Nutrition Facts

Serving size	1 cup
Servings	4
Calories	89
Calories from Fat	35
Total Fat	4 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	221 mg
Carbohydrates	13 g
Dietary Fiber	6 g
Sugars	6 g
Protein	3 g
Vitamin A	14 %

Calcium	2 %
Vitamin C	54 %
Iron	6 %
Phosphorus	67 mg
