



## Eggplant and Tomato Ratatouille (Savory Vegetable Stew)

Makes 6 cups (four servings)

- 1 medium eggplant, cut into 1-inch cubes
- Salt
- 2 tablespoons olive oil, divided in half
- 1 large onion, diced (about 2 cups) OR 1 bunch green onions, chopped
- 3 garlic cloves, chopped
- ¼–½ teaspoon crushed red pepper flakes, optional
- 2 pints cherry tomatoes, halved OR 1 28-ounce can tomatoes, drained and chopped (save the liquid) OR 6 whole fresh tomatoes, chopped
- 1 pound zucchini or other summer squash, cut into 1-inch cubes
- 1 large bell pepper, any color, halved, seeded and cut into 1-inch pieces
- 2 tablespoons chopped parsley

### Optional embellishments:

Grated Parmesan cheese, crumbled feta cheese, fresh basil or pesto

### Directions

Toss the eggplant with ½ teaspoon of salt and place in a colander over a bowl or in the sink for 20 minutes, while you are preparing the rest of the ingredients. When ready to use, pat dry with a paper towel to remove excess moisture and salt.

Add 1 tablespoon of the olive oil in a non-stick or heavy skillet and heat to medium high heat. Add the eggplant and stir-fry until golden brown. Remove from skillet and place in a bowl.



### NUTRITION INFORMATION PER 1½ CUP SERVING:

Calories	164
Protein	5 g
Carbohydrate	23 g
Fiber	8 g
Fat	8 g
Sodium	314 mg
Potassium	1107 mg

Also a good source of Vitamin A, Vitamin E, Vitamin C, beta carotene and healthy phytochemicals

Cost per serving: \$2.25 or less, depending on source of produce and other ingredients

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Add the remaining tablespoon of olive oil to the skillet and heat to medium high. Add the onions and a pinch of salt, cooking until they start to soften and become translucent, about 20 minutes. Add the garlic and crushed red pepper flakes, if using, and cook for a few minutes. Add the tomatoes, zucchini, and bell pepper, and simmer until everything is tender. Stir in the cooked eggplant and parsley and optional embellishments. If you used canned tomatoes and want to add more of the juice, do so.

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