

Ratatouille

Simmer eggplant, zucchini, red peppers, and tomatoes with onion, garlic, and seasonings for a delicious flavor in this classic dish.

Makes: 8 servings

Ingredients

- 1 tablespoon oil
- 1 large yellow onion, chopped
- 4 cloves garlic, minced
- 1 medium eggplant, peeled and diced
- 2 zucchini, diced (or frozen zucchini, thawed)
- 1 red bell pepper, diced
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- 3 ½ cups canned low-sodium tomatoes with juice (or fresh tomatoes)
- 1 lemon, quartered (optional)
- ¼ cup basil leaves, chopped (optional)

Directions

1. Heat pot on the stove over medium-low heat and once hot, add the oil.
2. Add the onion and cook until golden, about 5 minutes. Add garlic and cook until fragrant.



3. Add the eggplant, zucchini, bell pepper, basil, and oregano and cook, covered, until the eggplant is very soft, about 10 minutes.
4. Add the tomatoes and cook, uncovered, for 30-40 minutes, stirring occasionally.
5. Serve right away, garnished with lemon quarters and fresh basil if desired.

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