

Serves 8

Garden Ratatouille

- 2 tablespoons canola oil or olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 medium eggplant, peeled and cut into 1/2 inch cubes
- 2 green peppers, chopped
- 3 summer squash (zucchini, crookneck or any combination), sliced
- 3 medium tomatoes, chopped
- 1 tablespoon basil, fresh, chopped or 1 teaspoon basil, dried
- dash of Cayenne pepper (optional)

1. Wash and prepare vegetables.
2. Heat oil in large skillet and cook onions and garlic until soft.
3. Add eggplant, peppers, and squash. Cook for 5 minutes.
4. Add tomatoes and spices. Cover and cook slowly for 5-10 minutes.

Adapted from Morten's Recipe Collection.

Nutrition Facts: Serving size: about 1 cup; Calories: 90; Fruits and Vegetables: 4; Fat: 4 g; Fiber: 5 g

Hints:

- Serve over pasta as a main dish or as a side vegetable with chicken, fish or meat.
- A good source of vitamins A and C.

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