

TEXAS A&M AGRI LIFE EXTENSION

What's Cooking?

Ratatouille

Ingredients:

- 2 teaspoons olive oil
- 1 large onion, halved and thinly sliced
- 1 small-medium eggplant, cubed
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 4 large tomatoes, chopped or 214.5- oz. cans diced tomatoes
- 2 medium zucchini
- 2 cloves garlic, minced
- 2 teaspoons Herbes de Provence

Directions:

Heat the oil in a large saucepan or Dutch oven over MEDIUM heat.

Add all ingredients, except the garlic and herbs, and cook uncovered for 25 minutes, stirring every 5 minutes.

Add the garlic and herbs, and cook uncovered, stirring every 5 minutes, until the vegetables are very soft.

Each serving provides: An excellent source of vitamin A, vitamin C, fiber and a good source of folate, magnesium and potassium.

Nutrition Facts per Serving:

- Calories: **109**
- Carbohydrates: 17g
- Total Fat: 4.4g
- Cholesterol: **0mg**
- Saturated Fat: 0.6g
- Dietary Fiber: **6g**
- % of Calories from Fat: 33%
- **Sodium: 17 mg**
- Protein: **3g**

HEALTHY TIP:

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

Source: Academy of Nutrition and Dietetics

Source: Recipe courtesy of Produce for Better Health Foundation (PBH).