

## Ratatouille Recipe

PREP TIME: 20 Mins

COOK Time: 45 Mins

SERVINGS: 6

CALORIES: 140

This delicious layered Ratatouille recipe is not only beautiful but it is absolutely packed with flavor!

### INGREDIENTS

- 4 tbsp olive oil (divided)
- 4 garlic cloves (minced)
- 1/2 small onion (chopped)
- 1/3 cup carrot (shredded)
- 14 oz crushed tomatoes
- 1 small eggplant (sliced 1/8 inch thick circles)
- 2 small zucchini (sliced 1/8 inch thick circles)
- 3 Roma tomatoes (sliced 1/8 inch thick circles)
- salt (to taste)
- black pepper (to taste)
- 2 tsp dried basil
- 1/2 tsp dried parsley

### INSTRUCTIONS

- Preheat the oven to 375F.

- In a large nonstick pan, heat 2 tablespoons of olive oil over medium high heat. Add in the onion, garlic, and carrot and cook until tender, about 5 minutes.
- Next, add in the crushed tomatoes and seasonings and simmer for 15 minutes. Taste and adjust the seasoning with salt and pepper.
- Once the sauce has thickened, pour into a 2 quart baking dish. Arrange the sliced vegetables in a circular pattern standing upright in the dish over the sauce. Brush with the remaining olive oil.
- Cover and bake for 30 minutes, then uncover and bake 10-15 minutes more, until vegetables are tender.
- Serve immediately (with crusty bread, or side of pasta)

## NUTRITION

Calories: 140 cal

Carbohydrates: 13g Protein: 3g

Fat: 10g

Saturated Fat: 1g

Sodium: 101mg Potassium: 577mg

Fiber: 4g

Sugar: 7g

Vitamin A: 1731IU

Vitamin C: 25mg

Calcium: 55mg

Iron: 2mg