

Ratatouille Recipe

Yields: 4 to 6 servings

Ratatouille is a traditional French Provençal vegetable dish that originated in the Nice region of France. The word Ratatouille comes from the French word *touiller*, which means to toss food.

This dish was originally made by poor farmers and included zucchini and peppers. Today, Ratatouille is often served as a side dish and includes eggplant.

Ingredients

- 1/4 cup oil
- 1 1/2 cup diced onion
- 1 tsp minced garlic
- 2 cups eggplant
- 1 cup diced green pepper
- 1 cup diced red pepper
- 1 cup zucchini
- 1 1/2 cups peeled and chopped tomatoes
- 1 tbsp fresh basil leaves
- 1 tbsp parsley leaves
- Salt and pepper to taste

Method

1. Heat the oil in a large saute pan.
2. Add the onions and garlic.
3. Cook, stirring occasionally, until they are soft.
4. Add the eggplant to the pan and cook for about 5 minutes or until partially cooked.
5. Add the peppers and zucchini and cook for another 5 minutes.
6. Add the tomatoes, basil, and parsley.
7. Add the salt and pepper to taste and cook for another 10 minutes.
8. Stir until combined and serve.

“Take advantage of the fresh from the garden veggies by making a Ratatouille.” Stephanie Greene