

Ratatouille

Ingredients:

- Cooking spray
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 2 teaspoons dried parsley
- 1 eggplant, cut into 1/2 inch cubes
- 1/2 cup Parmesan cheese
- 2 zucchini, sliced
- 1 large onion, sliced
- 2 cups sliced fresh mushrooms
- 1 green bell pepper, sliced
- 2 large tomatoes, chopped

Directions:

Preheat oven to 350 degrees. Coat bottom and sides of a 1 1/2 quart casserole dish with cooking spray.

Heat 1 tablespoon olive oil in skillet over medium heat. Saute garlic until lightly browned. Mix in parsley and eggplant and saute until eggplant is soft, about 10 minutes.

Spread eggplant mixture across bottom of casserole dish. Sprinkle with a couple tablespoons of Parmesan cheese. Spread zucchini in an even layer over top. Sprinkle with a little more cheese. Continue layering with onion, then mushrooms, then bell pepper, and then tomatoes, covering each layer with a little Parmesan cheese.

Bake for 45 minutes.

33% calories from fat.

Source: Adapted from Allrecipes.com.

Nutrition Facts	
Serving Size 1 cup (226g)	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 5g	
Vitamin A 10%	• Vitamin C 50%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	