

Adapted from Washington State University Extension Food Sense

Nutrition Facts (Serving size 1½ cup):
 Calories-100; Protein-3g; Carbohydrate-15g; Total Fat-4g; Saturated Fat-0.5g; Fiber-6g; Sodium-440mg; Vitamin C-60%; Vitamin A-8%; Iron-8%; Calcium-4%



1. Add olive oil to a large skillet on medium heat.
2. Add onion and cook for about 10 minutes or until soft.
3. Add garlic, dried sweet basil, and dried oregano; cook for about 2 minutes.

Directions

- 1½ tablespoons olive oil or vegetable oil
- 1 large onion, chopped
- 4 large garlic cloves, minced
- 1 tablespoon dried sweet basil
- 2 teaspoons dried oregano
- 1 large eggplant, cut into 1" cubes
- 1 green bell pepper, chopped
- 2 medium summer squash, cut into ½ inch rounds
- 5 tablespoons tomato paste
- 4 ounces of water
- Optional** 1 teaspoon salt, ½ teaspoon black pepper

Ratatouille (French Vegetable Stew)
 Prep time: 15 minutes | Cooking time: 25 minutes | Number of servings: 6

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4. Add eggplant, bell pepper, and squash; stir.
5. In a small bowl mix together the tomato paste and water; add to the skillet and gently stir into other ingredients. Cover skillet and cook for 30 minutes, stir occasionally. Add salt and pepper to taste.

Directions (continued)



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