

# Ratatouille\*

Hands-on - 20 min. Oven/Exercise - 2 hours **Serves 6**

An especially excellent dish to make in the fall, or anytime eggplant and zucchini are readily available. This makes a large batch and the flavor improves each day with reheating.

## Menu

*Ratatouille with Potatoes*  
*Whole-Grain Bread or*  
*Surprise Pumpkin Pie*  
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Preheat oven to 350°.

1 small	eggplant unpeeled, cut into 1" cubes
4 small	(4 oz) potatoes, scrubbed clean, diced
1	red bell pepper, seeded and chopped
1	green bell pepper, seeded and chopped
2 small	zucchini (1 can be yellow crooked neck squash), sliced in half lengthwise and then into 1" slices
2 lg	onions, sliced

Prep vegetables and arrange in a 10" x 15" baking dish.

2 tsp	minced garlic (4 cloves)
1/2 cup	minced fresh parsley
1 tsp	dried basil, crushed
1 1/2 tsp	salt
2 cans	(14.5 oz each) diced tomatoes, no salt added
3 T	olive oil

Mix together in a medium bowl, then pour over vegetables. Gently toss. Cover and bake 2 hours.

*This allows ample time for a long fall hike. Aren't the colors beautiful? After exercising, you'll still have time to whip up the Pumpkin Surprise Pie and get it into the oven for 1 hour.*

When timer sounds, remove *Ratatouille* and allow to set 30 minutes, still covered. *Meanwhile, do push-ups, sit-ups and stretch.*

grated Parmesan cheese (to taste)

Serve with a sprinkle of Parmesan cheese, and whole-grain bread or *Surprise Pumpkin Pie*.

### \*Option: Chicken Ratatouille

Place 6 skinless, boneless thighs or 4 skinless, boneless breasts under vegetables before baking.

Nutrition information for 2 1/4 cups (without chicken)

Calories	223	Fat	7 g	Fiber	10 g	Sodium	653 mg	Total Carbohydrate	37 g
Calories from Fat	27%	Saturated Fat	1 g	Cholesterol	0 mg	Protein	5 g	Sugars	15 g