

Suitland Dine & Learn
January 2018: Ready, Set, Goal!

Ratatouille
Courtesy of Jessica Yamamoto, MS

Ingredients

- 2 cups of low-sodium tomato puree
- ½ onion, finely chopped
- 2 garlic cloves
- 2 tablespoons of olive oil
- 1 small eggplant
- 1 small zucchini
- 1 small yellow squash
- 1 orange, red or yellow bell pepper
- Salt and pepper to taste
- 1-cup of grated parmesan cheese

Cost per serving: \$2.25

Directions

Preheat oven to 375 degrees

1. In a large pot, heat 2 cups of tomato puree on medium heat. Stir in onion, garlic, olive oil, ½ cup of parmesan cheese, and salt and pepper (optional) and cook for approximately five minutes on low-medium heat.
2. Pour half of the sauce mixture made in step 1 into an oval baking dish.
3. Cut eggplant, zucchini and squash into 1/16 inch pieces. Cut bell pepper into ¼ “ slices.
4. Arrange slices atop the sauce mixture alternating vegetables, from the outer edge of the dish concentrically inwards, slightly overlapping each vegetable.
5. Pour the remaining sauce mixture atop of the dish. Top dish of with a sprinkle of ½ cup of cheese
6. Place parchment paper on top to eliminate burning on top layer. Bake for 45-55 minutes until vegetables are cooked through and sauce is bubbling.

Nutrition Information

Number of Servings: approx. 6

Serving Size: approx. 1 cup

Calories: 211

Amount Per Serving

Total Fat: 10 g
Cholesterol: 120 mg
Sodium: 329 mg

Total Carbs: 22 g
Dietary Fiber: 5 g
Protein: 11 g



HEALTH TIPS

Meet your New Year goals with this great, vegetable rich recipe. Remember **2-2 ½ cups of vegetables** and **1 ½ - 2 cups of fruit a day** helps keeps the doctor away! **AND** helps reduce risk for various chronic illnesses such as cardiovascular disease, cancer and hypertension!