



Roasted Vegetable Ratatouille

makes 10 cups

- 1 lb. eggplant, ½" diced
- ½ teaspoon salt
- 2 Tablespoons olive oil
- 1 lb. zucchini, 1" diced
- 1 lb. yellow summer squash, 1" diced
- 1 very large or 2 medium onions, cut in wedges (cut in half crosswise if very large)
- 1 large or 2 medium red or green peppers, 1" diced
- 1 to 2 large tomatoes, 1" chopped and drained
- 2 Tablespoons finely chopped garlic
- 3 Tablespoons minced fresh oregano or 2 teaspoons dried oregano
- Ground black pepper

1. Preheat oven to 400 degrees.
2. Dice eggplant first. Combine with salt and set aside in a colander to drain.
3. Chop zucchini, summer squash and onions and put in a large bowl. Drain eggplant and add to bowl. Toss vegetables with olive oil. Place in a roasting pan.
4. Bake 45 minutes, stirring once or twice.
5. Combine tomatoes, garlic, oregano and pepper. Stir tomato mixture into squash mixture, bake another 20 minutes.

Nutrition information per cup:

Calories: 49	Total Fat: >1g	Saturated Fat: >1 g	Sodium: 124mg
Carbohydrates: 11g	Dietary Fiber: 4g	Protein: 2g	