

ZUCCHINI!



RATATOUILLE

Yield: 6-8 Servings

Recipe created by Recipe for Success

INGREDIENTS

1 pound	ripe tomatoes (about 4 medium tomatoes)
3	zucchini
1	eggplant (weighing about 1 pound)
1	yellow or red pepper
1	yellow onion
3 tablespoons	olive oil
1	garlic clove, crushed
½ teaspoon	oregano (or Italian seasoning)
½	tomato paste (3 ounce can)
8 large	basil leaves, ripped into small pieces
to taste	salt and pepper

(recipe continued on other side)



COOKING TIP

Zucchini is made up of about 95% water. To make for more efficient cooking, cut your zucchini into desired pieces and lightly coat with a little bit of salt. Pour out the excess water off and proceed to cook.

ZUCCHINI HAS MANY BENEFITS FOR HEART HEALTH. IT CONTAINS POTASSIUM, AN ELECTROLYTE THAT WORKS TO COUNTER HIGH BLOOD PRESSURE AND REDUCE THE RISKS FOR HEART DISEASE.

RATATOUILLE CONTINUED

PREPARE THE VEGETABLES

Cut the ends off each zucchini and cut them in half lengthways. Then, cut them into strips and then into 1" chunks.

Peel the eggplant, and then cut it the same way as you did the zucchini.

Cut the ends off the pepper and remove the seeds. Cut into thin strips.

Cut the tomatoes in half, remove seeds, and cut into quarters.

Peel and smash the garlic.

Peel the onions and chop them finely.

COOK THE RATATOUILLE

Turn burner on to low.

Measure and add the oil to a large saucepan; allow oil to heat up.

Add onions into the large saucepan. Cook them over low heat for about 10 minutes, until the onions are soft and lightly browned.

Measure and add the tomato paste to the onions, stir together.

Measure and add the vegetables, garlic, seasoning, herbs (except basil), salt and pepper to the onions in the pan. Stir everything well.

Turn heat up to medium. Cook the ratatouille (stirring occasionally) on medium heat for about 3 minutes. Then turn down the heat, so that it is bubbling gently.

Put a lid onto the pan. Lift the lid and stir it every now and then. Cook the ratatouille for 20 minutes, then remove the lid and cook it for 5 minutes.

Stir in the basil. Serve and enjoy!

