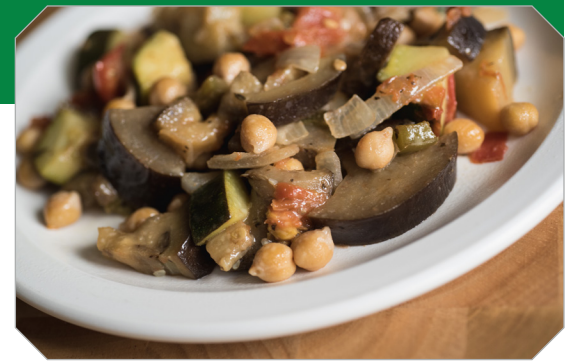


# Eat Smart • Move More

## Eggplant Ratatouille

Prep Time: 40 minutes

Total Time: 1 hour 30 minutes



### Ingredients

- 1 eggplant, sliced
- 2 zucchini, sliced
- 1 teaspoon salt
- 1 teaspoon olive oil
- 1 onion, sliced
- 3 tomatoes, diced
- 1 bell pepper, cored and sliced
- 1 garlic clove, diced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 serving (259.03g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 8g	
Includes g of Added Sugars	
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 37mg	<b>2%</b>
Iron 1mg	<b>4%</b>
Potassium 593mg	<b>15%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

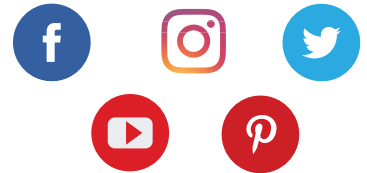
### Quick Tips

- ▶ Add a can of cannellini beans for a source of vegetarian protein.
- ▶ Serve over whole-wheat pasta.
- ▶ Always rinse fresh produce before preparing.

### Directions

- Put eggplant and zucchini in a colander, sprinkle with salt and toss lightly. Allow to drain for at least 30 minutes. Rinse and pat dry with paper towels.
- In a skillet, heat olive oil over medium-high heat on stove. Add onions and sauté until translucent, about 3 minutes.
- Stir in eggplant, zucchini, tomatoes, bell pepper, garlic, basil, and oregano. Reduce heat, cover and simmer 30-45 minutes until vegetables are thoroughly cooked.

### Follow us | Like us



[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe adapted from ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes, as listed at: <https://www.whatscooking.fns.usda.gov/>)

[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)