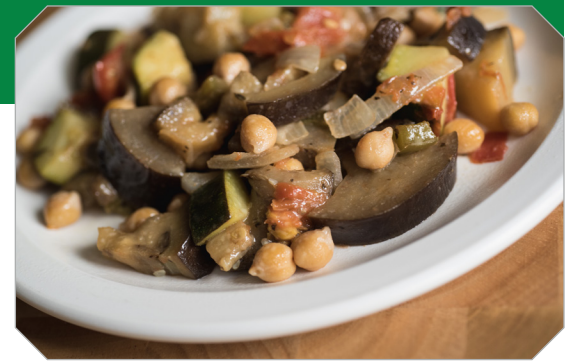


# Eat Smart • Move More

## Ratatouille de Berenjena

Tiempo de Preparación: 40 minutos

Tiempo Total: 1 hora 30 minutos



### Ingredientes

- 1 berenjena, en rodajas
- 2 calabacitas, en rodajas
- 1 cucharadita de sal
- 1 cucharadita de aceite de oliva
- 1 cebolla, en rodajas
- 1 pimiento, sin corazón y en rodajas
- 3 tomates, en dados
- 1 diente de ajo, en dados
- 1 cucharadita de orégano deshidratado
- 1 cucharadita de albahaca deshidratada

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 serving (258.28g)</b>
<b>Amount per serving</b>	
<b>Calories 60</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</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.

### Consejos Rápidos

- ▶ Agregue una lata de frijoles cannellini para obtener una fuente de proteína vegetal.
- ▶ Sirva sobre pasta integral.
- ▶ Siempre enjuague los productos frescos antes de prepararlos.

### Follow us | Like us



[www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)

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 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.

### Preparación

- Colocar la berenjena y la calabacita en un colador, espolvorear con sal y mezclar ligeramente. Dejar escurrir durante al menos 30 minutos. Enjuagar y secar con papel de cocina.
- En una sartén, calentar el aceite de oliva sobre calor medio-alto. Agregar la cebolla y saltear hasta que esté translúcida, aproximadamente 3 minutos.
- Incorporar el pimiento, los tomates, la berenjena, la calabacita, el ajo, la sal, el orégano y la albahaca. Reducir el calor, cubrir y hervir a fuego lento 30-45 minutos hasta que los vegetales se encuentren cocinados completamente.

(Receta adaptada de ONIE Project – Oklahoma Nutrition Information and Education. Simple Healthy Recipes, listada en <https://www.whatscooking.fns.usda.gov>)

[www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)