

# RATATOUILLE

SERVES 6 • 70 MINUTES

## Ingredients:

2 garlic cloves  
4 tablespoons olive oil  
2 tomatoes  
2 tablespoons tomato paste,  
no salt added  
2 small red onions  
2 small eggplants  
2 small zucchinis  
2 red bell peppers  
2 tablespoons Italian seasoning  
¼ teaspoon each salt and pepper  
¼ cup shredded parmesan cheese,  
reduced fat

## Per Serving:

**Calories:** 70  
**Fat:** 5 g  
**Omega-3:** 34 mg  
**Cholesterol:** 0 mg  
**Sodium:** 100 mg  
**Carbohydrates:** 5g  
**Fiber:** 2g  
**Sugar:** 2g  
**Protein:** 2g  
**Vitamin A:** 15%  
**Vitamin C:** 43%  
**Calcium:** 3%  
**Iron:** 4%  
**Magnesium:** 7%  
**Zinc:** 2%

## Preparation:

Preheat oven to 375 degrees. Slice garlic very thinly. Heat 1 tablespoon olive oil in a large cast-iron skillet. Sauté garlic until fragrant (about 1 minute). Add diced tomatoes and tomato paste and sauté until liquid is absorbed and it attains a sauce-like consistency (about 10 minutes). While tomatoes are cooking, slice the vegetables. Trim the ends of the red onion, eggplant, and zucchini. As carefully as you can, trim the ends of the red pepper and remove the core, leaving the edges intact, like a tube. On a mandolin, adjustable-blade slicer, or with a very sharp knife, cut the red onion, eggplant, zucchini, and red pepper into very thin slices, approximately 1/16-inch thick. Atop the tomato sauce, arrange slices of prepared vegetables concentrically from the outer edge to the inside of the skillet, overlapping so just a smidgen of each at surface is visible, alternating vegetables. Drizzle the remaining tablespoon olive oil over the vegetables and season them generously with Italian seasoning and salt and pepper. Sprinkle with parmesan cheese and bake uncovered for approximately 45 to 55 minutes, until vegetables have released their liquid and are clearly cooked. Cut into wedges and serve

