

Ratatouille



- 1 large onion
- 2 tablespoons fresh thyme, or herbs of your choosing
- 1 large eggplant
- 2 yellow squash, and/or zucchini
- 3 bell peppers, any color
- 975 g cherry tomatoes
- extra virgin olive oil
- 5 teaspoons minced garlic
- 3/4 teaspoon sea salt, plus more to taste
- ground black pepper, to taste
- parchment paper

Instructions

1. Preheat oven to 220 C. Chop the onion. Chop herbs. Wash the eggplant and summer squash and/or zucchini and chop into 1-inch chunks. Deseed and chop up the bell peppers. Wash but leave the cherry tomatoes whole.
2. Using sheet pans lined with parchment paper, place the vegetables in a single layer. Douse with a generous serving of olive oil.
3. Sprinkle with herbs, garlic, salt, and pepper. Bake for 30-35 minutes, gently mixing the veggies midway through. Serve immediately, or cool and refrigerate, allowing the flavors to mingle before serving.

Recipe Makes: 4 servings

Prep Time: 10 minutes

Cooking Time: 30-35 minutes

Nutrition Facts

Serving Size Per Serving

Amount Per Serving

Calories	168	Calories from Fat	37
% Daily Value*			
Total Fat	4 g		5 %
	Saturated Fat 1 g		4 %
	Trans Fat 0 g		
Cholesterol	0 mg		0 %
Sodium	388 mg		16 %
Potassium	1388 mg		40 %
Total Carbohydrate	32 g		11 %
	Dietary Fiber 11 g		44 %
	Sugars 20 g		
Protein	6 g		12 %