



# Ratatouille

## Ingredients

- ¼ cup crushed tomatoes
- ¼ tbsp extra virgin olive oil
- splash of apple cider vinegar
- ¼ tsp minced garlic
- ¼ tbsp fresh basil, about 1-2 large leaves, sliced, plus more for garnish
- ¼ tsp herbs de Provence spice mix
- pinch of salt
- pinch of black pepper
- pinch of chili powder, to taste
- ½ a medium sweet or red onion, sliced
- ½ a large zucchini, (about 1 ½ cups sliced)
- ¼ of a large Japanese eggplant, (about 3 cups sliced)
- Fresh tomatoes (roma is best; about 3 cups sliced)

## Directions

1. Preheat oven to 350°F. Lightly grease a 6" x 9" baking dish and set aside.
2. In a medium mixing bowl, combine the crushed tomatoes, oil and vinegar. Stir in the garlic, basil, herbs de Provence, salt, pepper, and chili powder.
3. Pour the tomato mixture into the prepared baking dish and smooth it into an even layer on the bottom of the pan.
4. Stack the veggie slices in alternating layers (e.g.: onion, zucchini, eggplant, tomato; repeat) and place them on their side in the pan, leaning against the edge of the pan. Repeat until you've formed a couple of rows of veggies, filled the pan, and used up all of the veggie slices.
5. Optionally, spray or brush the exposed tops of the veggies with oil to encourage browning in the oven. This is more for appearance, so feel free to skip this step if you want to reduce the fat content.
6. Bake for about an hour, until the tomato sauce is bubbling and the veggies are tender.
7. Garnish with additional chopped fresh basil before serving (optional). Serve hot or cold. Enjoy!

Calories 218

Total Fat 6 g

Saturated Fat 1 g

Cholesterol 0 mg

Sodium 285 mg

Total Carbohydrate 38 g

Dietary Fiber 10 g

Sugars 21 g

Protein 10 g