Ratatouille

This typical French dish combines some of the best fresh produce available during the spring and summer with a light, flavorful, and refreshing twist!

Prep time: 40 minutes • Cook time: 30 minutes

**Ingredients:**
- 3 cups eggplant (about 1 medium), cubed
- 1 cup yellow onion (about 1 medium), sliced thin
- 2 cups zucchini (about 2 medium), cubed
- 3 cups tomatoes (about 3 medium), chopped
- 2 cups bell peppers (red, yellow, orange, green) cored, sliced into 2- to 3- inch strips
- 3 teaspoons minced garlic (about 4 cloves)
- 2 tablespoons olive oil
- Salt and black pepper (as needed)
- 1/8 teaspoon ground anise seed
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1/2 teaspoon ground coriander
- 1 bay leaf

**Directions:**
1. Cut eggplant into 1/2- inch cubes. Place in colander in sink and sprinkle with salt. Let stand for 30 minutes, then rinse and dry with paper towels. Cut other vegetables.
2. Heat olive oil in a large skillet, add onions, and let cook for 3 minutes. Add eggplant and cook for another 3 minutes.
3. Add zucchini, tomatoes, bell peppers, garlic and seasonings. Simmer uncovered for 30 minutes, until the vegetables are tender but not mushy.
4. Remove bay leaf.
5. Serve hot or at room temperature.

Serving Size: 1 cup
Yield: 8 servings

**Nutrition Information / Amount per serving:**
- Calories  75
- Protein    1.9 g
- Total fat  3.8 g
- Total Carbohydrates  9.9 g
- Saturated fat  0.6 g
- Dietary Fiber  3.2 g
- Cholesterol  0 mg
- Sodium   154 mg

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