

Ratatouille

Source: *New School Cuisine Cookbook, Vermont FEED*

Servings

6

Ingredients

1 3/4 cups eggplant

1 1/2 cups zucchini, *or other summer squash*

1/2 cup onions

1/3 cup red bell pepper

1/3 cup green bell pepper

1 tsp salt

1 Tbsp olive oil

3 tsp garlic, *chopped*

1/3 cup diced tomato, *canned, undrained, low-sodium or no-salt added*

Pinch of ground black pepper

1/8 tsp crushed red pepper

1/2 tsp dried basil leaves

Pinch of dried oregano leaves



Preparation

1. Trim and peel eggplant. Cut into 1-inch cubes. Trim zucchini and cut into 1/2-inch cubes. Trim and peel onion. Cut into 1/4-inch dice.
2. Stem, core, and seed pepper. Cut into 1/8-inch thick strips.
3. Put the eggplant in a colander. Sprinkle with 2/3rd of the salt. Let stand for 30 minutes. Rinse and drain thoroughly.
4. Heat oil in a large skillet or steam kettle. Add the onions, eggplant, and garlic, and cook, stirring occasionally, until tender, 10-12 minutes.
5. Preheat convection oven to 350° or conventional oven to 375°F.
6. Add the zucchini and peppers to the pan. Cook, stirring occasionally, until most of the liquid is evaporated, 5-10 minutes.
7. Stir in tomatoes and their juices, remaining salt, pepper, crushed red pepper, basil, and oregano. Cook for 5 minutes.
8. Put in baking dish.
9. Bake for 20 minutes.

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