

## Classic Ratatouille

Serves: 4

### Ingredients

1 small eggplant, top removed  
Salt  
2 tsp olive oil, divided  
1 onion, thinly sliced  
1 small green pepper, seeded and chopped  
1 small red pepper, seeded and chopped  
2 garlic cloves, minced  
4 medium tomatoes, seeded and coarsely chopped

2 small zucchini, halved lengthwise and cut crosswise into ¼ inch strips  
Nonstick cooking spray  
¼ tsp thyme  
¼ tsp oregano  
Freshly ground black pepper, to taste  
Pinch of cayenne pepper, if desired  
1 Tbsp freshly grated Parmesan cheese (optional)

### Directions:

- Cut eggplant into 3/4 inch cubes. Place in colander, sprinkle with salt and cover with bowl. Let stand 30 minutes, then rinse salt away and dry with paper towels.
- In large skillet or Dutch oven, heat 1 tsp. oil over medium high heat. Add onions and bell peppers and sauté 5 minutes. Add garlic and tomatoes and sauté 3 minutes. Remove mixture from pan and set aside.
- Heat remaining oil and add zucchini to skillet. Sauté on medium-high heat, about 7 minutes. Remove zucchini and place with other vegetables.
- Spray skillet with nonstick spray. Sauté eggplant on medium heat about 1 minute.
- Add reserved vegetables to eggplant. Stir in thyme, oregano, black pepper and cayenne pepper, if using. Cook 5 minutes. Sprinkle with cheese, if using. Serve with hearty whole-grain bread.

**Per Serving:** 110 calories, 3 g fat (0 g saturated fat), 20 g carbohydrate, 4 g protein, 7 g dietary fiber, 310 mg sodium