

## Spiced Ratatouille

**Serves: 6**

### Ingredients

2 tsp. sweet paprika	1 large red onion, diced
½ tsp. ground cinnamon	2-3 large garlic cloves, minced
¼ tsp. ground ginger	1 Tbsp. fresh lemon juice
2 medium zucchini, ¾ lb., cut into ½ -inch slices	2 tsp. dried basil
1 small eggplant, ¾ lb, cut into 1-inch cubes	Salt and freshly ground black pepper, to taste
1 large red bell pepper, seeded and diced	

In a deep, medium skillet over medium heat, toast the paprika, cinnamon, and ginger about 1 minute or until fragrant, stirring constantly with a wooden spoon. Add zucchini, eggplant, pepper, onion, and garlic. Pour in ¼ cup water. Add lemon juice. Cover and bring the liquid to a boil. Reduce heat and simmer until vegetables are tender, about 15 minutes.

Add the basil. Season to taste with salt and pepper. Cook until eggplant is very soft and stew is thick, about 10 to 15 minutes, stirring occasionally. Remove cover during cooking if there seems to be too much liquid. Serve at room temperature or slightly chilled. Store tightly in the refrigerator for 4-5 days.

Per serving: 46 calories, 0 g total fat (0 g saturated fat), 10 g carbohydrates, 2 g protein, 3 g dietary fiber, 10 mg sodium