



Ratatouille

- 1 onion, sliced into thin rings
- 2 cloves of garlic, minced
- ½ medium eggplant, cubed
- 1 zucchini, cubed
- 1 medium yellow squash, cubed
- 1 green bell pepper, seeded and cubed
- ½ yellow bell pepper, diced
- ½ chopped red bell pepper
- 2 roma (plum) tomatoes, chopped
- 2 Tbsp olive or vegetable oil
- 1 bay leaf
- 1 tablespoon chopped parsley
- 2 sprigs thyme
- Salt and pepper to taste



1. Heat 1 tbsp of oil in a large pot over medium-low heat. Add onions and garlic and cook until soft.
2. In a large skillet, heat 1 tbsp of oil and sauté the zucchini until slightly browned. Remove zucchini from skillet and place in pot with the onions and garlic.
3. Sauté all remaining vegetables, adding additional oil as needed. Add vegetables to pot after sautéing.
4. Add the bay leaf, thyme, and salt and pepper. Cover the pot. Cook over medium heat for 15-20 min.
5. Add the chopped tomatoes and parsley, cook for another 10-15 min. Stir occasionally.
6. Remove the bay leaf and enjoy.

Makes: 6 servings

Nutrition Information:

CALORIES 90 (50% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 45mg; CARBOHYDRATE 10g; FIBER 3g; PROTEIN 2g; CALCIUM 2%; IRON 4%



Plum-Raspberry Dessert Soup

- 8 medium plums, sliced
- 1 cup fresh raspberries
- 1½ cup unsweetened 100% grape juice
- 1 tablespoon red wine vinegar
- 3 sticks cinnamon or 1½ tsp ground cinnamon
- ½ cup water
- 1 tablespoon cornstarch
- Low-fat vanilla yogurt (optional)

1. In a large saucepan, combine the plums, raspberries, juice, vinegar, and cinnamon. Bring to boil over medium-high heat. Reduce the heat and simmer for 15 minutes, or until the fruit is very soft.
2. In a cup, blend the water and cornstarch until smooth. Whisk into the soup. Cook and stir until the soup thickens and boils. Remove from heat. If using stick cinnamon, remove sticks. Allow to cool.
3. In a blender, puree the soup until smooth. Pour into a covered container and refrigerate until well-chilled. (Can be refrigerated for up to 2 days.)
4. To serve, ladle into shallow bowls. Top with a small scoop of frozen yogurt, if desired.



Makes: 4 servings

Nutrition Information:

CALORIES 140 (4% from fat); FAT 0.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 5mg; CARBOHYDRATE 35g; FIBER 5g; PROTEIN 2g; CALCIUM 4%; IRON 4%