



## Easy Ratatouille

Yields 6 servings (1/2 cup each)

### Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 large onion, sliced
- 2 medium eggplants, chopped
- 4 small zucchini, sliced
- 2 green bell peppers, chopped
- 5 medium red tomatoes, chopped
- 1 tablespoon fresh basil, cilantro, or parsley, chopped
- 1/4 teaspoon black pepper

### Directions

1. Heat oil in large skillet over medium heat.
2. Add garlic and onion and cook until onion is soft.
3. Add eggplant and zucchini. Cook until lightly browned and almost tender.
4. Add the green pepper and tomatoes. Cook for about 5 minutes.
5. Add fresh herbs and pepper. Cover the pan and cook for 5 more minutes.

### Helpful Information

- Different varieties of eggplants are all delicious. Experiment with each color or mix them all together.
- Cook eggplant with or without the skins. Eggplants have edible skins.
- Eggplant can be baked in the oven or grilled. Add eggplant to soups and stews. Toss some raw eggplant into your green salad. Just be sure to cut it very small.

**Source:** CUCE-NYC FMNP Recipe Collection 2014



*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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<b>Nutrition Facts</b>	
Serving Size 1/2 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 11g	
<b>Protein</b> 4g	
Vitamin A 25%	• Vitamin C 110%
Calcium 6%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





## Guiso De Berenjena

Rinde 6 raciones (1/2 taza cada una)

### Ingredientes

- 1 cucharada de aceite de oliva
- 2 dientes de ajo, picados finamente
- 1 cebolla grande, rebanada
- 2 berenjenas medianas, cortadas
- 4 calabacines (zucchini), rebanados
- 2 pimientos verdes, cortados
- 5 tomates rojos medianos, cortados
- 1 cucharada de albahaca, cilantro, o perejil fresco, picado
- 1/4 cucharadita de pimienta negra

### Instrucciones

1. Calienta el aceite en un sartén grande en fuego mediano.
2. Añada el ajo y la cebolla y sofríalos hasta que la cebolla esté suave.
3. Añada la berenjena y los calabacines. Cocínelos hasta que estén un poco dorados y casi suaves.
4. Añada el pimiento verde y tomates. Calientelos por 5 minutos.
5. Añada hierbas frescas y pimienta negra. Cubra el sartén y déjelo cocinar por unos 5 minutos más.

### Información Útil

- Diferentes variedades de berenjenas son todas deliciosas. Experimente con cada color o mézclelas todas juntas.
- Cocine la berenjena con o sin la cáscara. Las berenjenas tienen cáscaras que se pueden comer.
- La berenjena se puede hornear o cocer en la parrilla. Agregue berenjena a las sopas o a los estofados. Ponga un poco de berenjena cruda en su ensalada verde. Solo asegúrese de picarla en pequeños pedazos.

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