

Ratatouille*

Ingredients

- 1 medium eggplant
- 1 small zucchini
- 1 medium onion, chopped
- 1 Tablespoon vegetable oil
- 1 (16-ounce) jar salsa (2 cups)
- 1 Tablespoon grated parmesan cheese
- ½ teaspoon black pepper

Makes 5 servings

*Pronounced Ra ta toey

Instructions

1. Wash eggplant and zucchini. Cut them into ¾ - inch cubes.
2. Heat oil in skillet. Add eggplant, zucchini, and onion, sauté over medium heat for about 10 minutes or until vegetables are soft.
3. Pour in salsa, stir, and simmer covered over low heat for about 10 minutes.
4. Sprinkle with cheese and pepper. Serve.

Serving Suggestion:

- Serve over cooked pasta or rice.

Nutrition Facts

Serving Size 1 1/2 cups
Servings Per Container 5

Amount Per Serving

Calories 100 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 520mg **22%**

Total Carbohydrate 15g **5%**

Dietary Fiber 5g **20%**

Sugars 8g

Protein 3g

Vitamin A 15% • Vitamin C 40%

Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

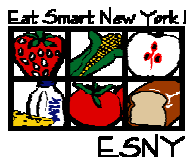
| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300 mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

32% calories from fat

Source: Adapted from: Sisters in Health: A Nutrition Program for Women. Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999. January 2009



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