



Skillet Ratatouille

Yield: 12 servings

Ingredients

- | | |
|--|--|
| 30 ounces Roma tomatoes, diced | 1 medium yellow squash, cubed into ½-inch pieces |
| 30 ounces garbanzo beans, drained and rinsed | 1 medium eggplant, cubed into ½-inch pieces |
| 2 tablespoons water for sautéing without oil | 1 tablespoon red wine vinegar |
| 1 tablespoon garlic cloves, minced | ½ teaspoon smoked paprika |
| 1 teaspoon kosher salt | ½ teaspoon black pepper |
| 1 cup red onion, chopped | 2 tablespoons fresh basil leaves (optional) |
| 1 cup red bell pepper, chopped | |
| 1 medium zucchini, cubed into ½-inch pieces | |

Instructions

1. Combine tomatoes and garbanzo beans in a bowl.
2. Heat water in a large skillet over medium-high heat.
3. Add garlic, kosher salt, red onions, red bell pepper, zucchini, yellow squash and eggplant.
4. Sauté 7 to 8 minutes or until slightly tender.
5. Stir in tomatoes and garbanzo beans cover and cook 5 minutes. Add water if mixture is too dry.
6. Stir in vinegar, paprika and black pepper.
7. Cook 5 minutes or until vegetable mixture is slightly thickened.
8. Divide vegetable mixture evenly into small serving vessels.
9. Sprinkle with basil leaves, if desired.



Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

Nutrition Information **Serving Size: 1 cup**

Calories: 168 | Total Fat: 2 g | Saturated Fat: 0 g | Sodium: 187 mg
Total Carbohydrate: 31 g | Dietary Fiber: 9 g | Sugars: 9 g | Protein: 8 g

Recipe inspired by Mark Driskill at cookinglight.com. Adapted and nutrition calculated by Werner Absenger, PhD, MS for MindBodyMed.