

Ratatouille, Fresh Herbs

Serving Size: ½ cup

Makes 12 servings

Ingredients:

10 each	Roma Tomatoes
1 TBSP	Olive Oil
1 each	Onion, finely chopped
1 each	Green Bell Pepper, diced
1 each	Red Bell Pepper, diced
1 each	Eggplant, peeled, diced
2 each	Zucchini, diced
1 cup	Water
2 TBSP	Italian Parsley, fresh, chopped
2 TBSP	Basil, fresh, chopped
2 TBSP	Sage, fresh, chopped
1 clove	Garlic, minced
2 TBSP	White Balsamic Vinegar
1/8 tsp	Ground Black Pepper
1/8 tsp	Crushed Red Pepper Flakes
1/8 tsp	Kosher Salt

NUTRITION FACTS

PER SERVING

calories	50
total fat (g)	2
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	60
total carbohydrate (g)	8
dietary fiber (g)	2.5
sugar (g)	4
protein (g)	2

Preparation:

1. Peel, seed and dice fresh tomatoes. Set aside.
2. Heat olive oil in large, thick-bottomed braising pot. Add onions and sauté until lightly brown. Add bell peppers, eggplant and zucchini. Continue to sauté for 10 more minutes to soften.
3. Add tomatoes. Cook slowly for 20 to 30 minutes, covered or until eggplant is very tender. Add water ONLY if needed.
4. Combine parsley, basil, sage, garlic, white balsamic vinegar, black pepper, crushed red pepper, and salt. Set aside.
5. Just before serving, stir herb-garlic mixture into the dish.

*Serving note: can be served warm or chilled.

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