



# easy ratatouille

takes  
**30-45**  
minutes

## ingredients

- 1 cup yellow squash, cut in 1/4-inch pieces*
- 1 cup zucchini, cut in 1/4-inch pieces*
- 1 tablespoons olive oil*
- 1 pepper (green or red bell, or banana)*
- 1 large onion (any color), chopped*
- 3 cloves garlic, minced*
- 4 large tomatoes, chopped*
- 3 sprigs thyme*
- 1/8 cup basil, torn or roughly chopped*
- Salt and pepper to taste*

## directions

- Heat a large skillet over medium heat, add oil.
- Add the zucchini, yellow squash and thyme and cook about 3-5 minutes. Stir frequently.
- Add the pepper, onion and garlic and cook about 3 more minutes. Stir frequently.
- Add the tomatoes, salt and pepper and cook an additional 3 minutes. Stir frequently.
- Turn off the heat, and add the basil and stir.
- Serve hot or cold.

nutrition facts

Serving Size 196g			
Amount Per Serving			
Calories	69	Calories from Fat	28
% Daily Value*			
<b>Total Fat</b>	3.1g		5%
Saturated Fat	0.5g		2%
Trans Fat	0.0g		0%
<b>Cholesterol</b>	0.0mg		0%
<b>Sodium</b>	9.4mg		0%
<b>Total Carbohydrate</b>	10.0g		3%
Dietary Fiber	2.8g		11%
Sugars	5.3g		
Protein	2.2g		
Vitamin A	23%	Calcium	4%
Vitamin C	67%	Iron	6%

\*All percentages are daily value based on a 2000 calorie diet

serves  
**4-6**  
people



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