



Ratatouille

Active Time: 20 minutes | **Total Time:** 45 minutes | **Serves:** 2

Nutrition Information Per Serving

272.3 calories, 29.51 g carbohydrate, 8.86 g fiber, 20.65 g NET carbs, 12.15 g protein, 14.18 g fat

Ingredients

- 2 cup(s), cubes organic eggplant
- 5 clove(s) organic garlic, minced
- 1 medium organic onion, chopped
- 1 medium organic green bell pepper, chopped
- 1/2 tsp(s) sea salt
- 1 16-oz can organic tomatoes, diced
- 2 ounce(s) organic mozzarella cheese (whole milk), shredded
- 1/4 tsp(s) freshly ground black pepper
- 1 Tbsp organic extra virgin avocado oil
- 2 cup(s) chopped organic zucchini
- 3 tsp(s) organic dried basil
- 1 Tbsp dried parsley

Preparation

1. Preheat oven to 350 degrees F. Spray a 2 1/2-quart baking dish with cooking spray.
2. Heat the avocado oil in a large safe non-stick skillet over medium heat. Add the garlic and onion. Sauté 2 minutes until fragrant.
3. Add eggplant and cook to soften, about 8 minutes.
4. Stir in the zucchini, bell pepper, tomatoes, basil, parsley, salt, and black pepper. Bring the mixture just to a boil, stirring frequently.
5. Reduce heat to medium-low and simmer until the vegetables are tender, about 20 minutes.
6. Pour the veggies into the baking dish. Top with cheese. Transfer to oven and bake until the casserole is bubbling and the cheese is melted, about 20 minutes.
7. Serve.

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