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Ratatouille (pronounced Ra-ta-tooey)

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 - 32% calories from fat

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



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