

Ratatouille

Diabetes Friendly

Items Needed: cutting board, knife,
measuring cups, measuring spoons,
baking dish- cupcake tin, ramekin or baking sheet.

Serves: 4

Ingredients:

- 1 cup ~ 1 small/medium eggplant
- 1 cup ~ 1 small/medium zucchini
- 1 cup ~1 small/medium yellow squash
- 1 cup ~ 2 Roma tomatoes
- 6 ounces marinara sauce
- 3 tbsp. olive oil
- 1/2 tbsp. dried Italian seasoning
- salt and ground black pepper to taste
- 1 tbsp. balsamic vinegar glaze (optional)
- 1 15 ounce can cannellini beans (optional)



Directions:

1. Preheat oven to 375
2. Prep vegetables by slicing thinly into rounds, trying to keep rounds about the same thickness for the eggplant, zucchini, squash and tomatoes.
3. In the bottom of the cupcake pan or baking dish make a thin even layer of marinara sauce
4. Layer the vegetables 1 slice eggplant, 1 slice zucchini, 1 slice squash, 1 slice tomato until dish is full (at least twice for the cupcake tin- and making a thin layer if using a regular baking dish
5. Repeat step 4 until baking utensil is full or all the vegetables are used
6. In a small bowl mix olive oil with Italian seasoning and drizzle over top of dish until it is shiny
7. Bake in the oven 30 minutes and check tenderness of the vegetables
8. If they could be a bit more tender add 5 minutes to cook time until desired consistency is met
9. Ratatouille can be served with a side of beans, poultry or seafood as well as a preferred grain to make a balanced plant based dish



Nutrition Information (per ¼ recipe without beans):

Calories: 160 Fat: 13 g Carbs: 9 g Protein: 2 g Fiber: 2 g Sodium: 660mg

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