
Ratatouille Vegetables

Linda VanderHoning

Nettles Island Cooking in Paradise - 2014

eggplant, sliced (with skin on)
summer squash, sliced
zucchini, sliced
1 red pepper, sliced
1 green pepper, sliced
2 onions, sliced
2 tablespoons olive oil
2 teaspoons minced garlic
2 teaspoons basil
1/2 cup chopped parsley
1 1/2 teaspoons salt
1 can tomatoes, chopped
Parmesan cheese
raw chicken thighs (optional)

Prepare the vegetable.

In a bowl, combine the eggplant, squash, zucchini, red pepper, green pepper and onion.

In another bowl, mix together the olive oil, garlic, basil, parsley salt and tomatoes for the sauce.

Place the vegetables into a 9x13 inch glass casserole dish. Add the chicken thighs, if using.

Pour the sauce over the vegetables. Top with freshly grated Parmesan cheese.

Bake in the oven at 350 degrees for one hour or until done.

Side Dishes

Per Serving (excluding unknown items): 439 Calories; 29g Fat (54.8% calories from fat); 7g Protein; 46g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 3239mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Vegetable; 5 1/2 Fat.