

Ratatouille

High Hampton Inn - Cashiers, NC
The Great Country Inns of America Cookbook (2nd ed) (1992)

1 large onion, minced
1 clove garlic, crushed
1/2 cup + 2 teaspoons olive oil
6 tomatoes, peeled, seeded and chopped
3 zucchini, sliced
1 small eggplant, cubed
3 green bell peppers, julienned
1 teaspoon dried basil OR 2 teaspoons fresh basil
salt (to taste)
freshly ground pepper (to taste)

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In a skillet, saute' the onion with the garlic in olive oil until golden.

In a separate skillet, saute' the eggplant in 1/2 cup of olive oil until golden.

Combine the onion and garlic mixture with the eggplant. Add the tomatoes, peppers, zucchini, basil, salt and pepper totaste. Simmer, uncovered, for 30 minutes.

Serve warm or chilled.

An attractive way to serve chilled ratatouille is in hollowed-out tomatoes. Garnish with finely-diced cucumber.

Per Serving (excluding unknown items): 1454 Calories; 113g Fat (65.3% calories from fat); 22g Protein; 112g Carbohydrate; 35g Dietary Fiber; 0mg Cholesterol; 109mg Sodium. Exchanges: 21 Vegetable; 21 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1454
% Calories from Fat:	65.3%
% Calories from Carbohydrates:	28.9%
% Calories from Protein:	5.7%
Total Fat (g):	113g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	80g
Polyunsaturated Fat (g):	11g
Cholesterol (mg):	0mg
Carbohydrate (g):	112g
	35g

Vitamin B6 (mg):	2.5mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	1.3mg
Riboflavin B2 (mg):	.7mg
Folacin (mcg):	427mcg
Niacin (mg):	12mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
 Protein (g): 22g
 Sodium (mg): 109mg
 Potassium (mg): 4907mg
 Calcium (mg): 217mg
 Iron (mg): 9mg
 Zinc (mg): 3mg
 Vitamin C (mg): 528mg
 Vitamin A (i.u.): 9238IU
 Vitamin A (r.e.): 919RE

Grain (Starch):
 Lean Meat: 0
 Vegetable: 21
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 21 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	1454	Calories from Fat: 950
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% Daily Values*

Total Fat	113g	174%
Saturated Fat	15g	76%
Cholesterol	0mg	0%
Sodium	109mg	5%
Total Carbohydrates	112g	37%
Dietary Fiber	35g	140%
Protein	22g	
Vitamin A		185%
Vitamin C		881%
Calcium		22%
Iron		52%

* Percent Daily Values are based on a 2000 calorie diet.