
Turkey Ratatouille

Monica Peplow - New York

North American Potpourri - Autism Directory Service, Inc - 1993

1/4 cup vegetable oil
2 small zucchini, thinly sliced
1 small eggplant, peeled and cut in one-inch cubes
1 large onion, thinly sliced
1 medium green pepper, cut in one-inch pieces
2 small yellow squash, thinly sliced
1/2 pound sliced mushrooms
2 cloves minced garlic
2 cups turkey, cooked and cut up
1 teaspoon dried basil leaves
1 teaspoon dried oregano leaves
1 can (16 ounces) tomatoes, cut up
2 teaspoons sugar
1/2 teaspoon pepper
hot cooked rice
Parmesan cheese (for topping)

In a large skillet over medium heat, heat the oil. Add the zucchini, eggplant, onion, green pepper, yellow squash, mushrooms and garlic. Cook, stirring constantly, until the vegetables are tender-crisp.

Add the turkey, spices, tomatoes and sugar. Cook over low heat for 15 minutes.

Serve over hot rice and sprinkle with Parmesan cheese,

Yield: 4 to 5 servings

Turkey

Per Serving (excluding unknown items): 1503 Calories; 88g Fat (51.0% calories from fat); 97g Protein; 94g Carbohydrate; 30g Dietary Fiber; 254mg Cholesterol; 301mg Sodium. Exchanges: 0 Grain(Starch); 10 1/2 Lean Meat; 16 Vegetable; 11 Fat; 1/2 Other Carbohydrates.