

Quick Ratatouille

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Servings: 4

Start to Finish Time: 30 minutes

2 tablespoons olive oil
1 medium onion, diced into 3/4-inch pieces
2 cloves garlic, minced
1 (one pound) eggplant, diced into 3/4-inch pieces
1 red pepper, diced into 3/4-inch pieces
1 can (14.5 oz) fire-roasted diced tomatoes, drained
2 (one pound total) zucchini, diced into 3/4-inch pieces
1 teaspoon dried thyme, chopped
1 can (15 oz) cannellini beans, drained and rinsed
1/4 cup parsley, chopped
3/4 teaspoon salt
1/4 teaspoon pepper
polenta (optional)

In a large, lidded nonstick skillet on medium heat, heat the oil. Add the onion and saute' for 5 minutes.

Add the garlic, eggplant and red pepper. Cover and cook for 10 minutes.

Mix in the tomatoes, zucchini and thyme. Cover again and cook for 12 minutes.

Stir in the beans, parsley, salt and pepper. Heat through.

For a heartier meal, serve with polenta.

Per Serving (excluding unknown items): 295 Calories; 8g Fat (22.2% calories from fat); 15g Protein; 46g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 418mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 1 1/2 Fat.