

Summer Rainbow Ratatouille

Swick

Serves 1 | Active Time: 1 hour | Total Time:

Chef's Notes

Tips:

Try to buy all the veggies in a similar size, as it will be easier to arrange the slices over the sauce.

You can simplify this recipe by chopping all the veggies into bite-size pieces. Mix the chopped veggies into the tomato sauce and gently simmer, covered, over medium heat, or in the oven, until very soft, 45 to 55 minutes.

You can also make the ratatouille in a large round or rectangular casserole dish. Prepare the sauce in a large skillet, transfer it to the casserole dish, and arrange the sliced veggies on top as instructed in step 4. If using a rectangular dish, arrange the sliced veggies in rows lengthwise.

Storage: Store the ratatouille in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months. If frozen, thaw before reheating.

Nutritionals

Calories 177 | Total Fat 7.9g | Saturated Fat 1.1g | Cholesterol 0mg | Sodium 546mg | Total Carbohydrate 26.3g | Dietary Fiber 9.9g | Total Sugars 12g | Protein 5.3g | Vitamin D 0mcg | Calcium 92mg | Iron 3mg | Potassium 1028mg |

Step 1: Prepare the Ratatouille

- 2 tablespoons olive oil
- 1 large red onion, finely chopped
- 4 cloves garlic, finely chopped
- 1 teaspoon fine sea salt, divided
- 1 red bell pepper, finely chopped
- 2 cans (28 ounces/800 mL each) of crushed tomatoes
- 2 teaspoons herbes de Provence
- 3 teaspoons fresh thyme leaves, divided
- ½ cup tightly packed fresh basil leaves, chopped
- 1 green zucchini, sliced into ½-inch rounds
- 1 yellow summer squash, sliced into ½-inch rounds (or another green zucchini)
- 1 Japanese eggplant, sliced into ½-inch rounds
- 3 Roma tomatoes, sliced into ½-inch rounds
- ¼ teaspoon freshly ground black pepper
- Fresh basil leaves, for garnish (optional)

Preheat the oven to 375°F (190°C).

Heat the olive oil in a 10-inch cast-iron skillet over medium heat. Add the red onion, garlic, and ¾ teaspoon of salt.

Cook, stirring often until the onion has softened, about 10 minutes.

Add the chopped bell pepper and cook, stirring occasionally, until softened, about 7 minutes.

Pour in the crushed tomatoes and season with the herbes de Provence and 2 teaspoons of thyme.

Cook at a low simmer until the sauce has slightly thickened, 10 to 15 minutes. Add the chopped basil and stir to combine. Remove from the heat.

Starting from the outer edge of the skillet and working your way to the middle, arrange the sliced round veggies over the tomato sauce, snugly upright but slightly angled, and alternate the colors (zucchini, summer squash, eggplant, and tomato). Fan them apart slightly, if needed, to cover the entire pan with no large gaps.

Sprinkle with the remaining 1 teaspoon thyme, remaining ¼ teaspoon salt, and the black pepper.

Cover the skillet with foil or an oven-safe lid and bake the ratatouille for 40 minutes.

Remove the foil and continue cooking until the vegetables are very soft and the ratatouille is bubbling, another 20 to 30 minutes.

Garnish with basil leaves just before serving, if desired.