

METABOLIC NUTRITION PROGRAM

Ratatouille

Adapted from Sustainablepantry.com, August 2009, by Alexa (based on Julia Child's version, but a little less complicated)

Servings Per Recipe: 5

Serving Size: 1 cup

Per Serving: 130 Calories, 3.4 gm Protein, 17gm Carbohydrate

- 1 large onion, sliced
- 1 red pepper, sliced
- 2 Tablespoons olive oil
- 2 cloves garlic, chopped
- 1 large or 2 small eggplants, sliced into ½ to 1-inch rounds
- 1 large zucchini, sliced into ½ to 1-inch rounds
- 18 oz. can of chopped tomatoes
- 2 Tablespoons red wine vinegar
- 1 tsp dried thyme or 1 tsp dried oregano
- 1 tsp salt
- 1 tsp pepper

Directions

Heat the olive oil in a large pan over medium heat. Add the onion and pepper and sauté for 10 minutes, or until soft and golden. Add the garlic, eggplant and zucchini, and sauté for 15 minutes. Add the chopped tomatoes, red wine vinegar, thyme, salt and pepper, turn the heat to low, and simmer, uncovered, for 20 minutes.

Note: Leftovers can be frozen.

Nutrition Facts

Serving Size 1 cup (345g)
Servings Per Container 5

Amount Per Serving

Calories 130 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 680mg **28%**

Total Carbohydrate 17g **6%**

Dietary Fiber 6g **24%**

Sugars 9g

Protein 3g

Vitamin A 30% • Vitamin C 110%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4