GROWING GOOD HEALTH



Pasta Ratatouille



Eggplant is a beautiful vegetable that is actually in the same family as tomatoes and potatoes. It comes in a variety of colors like purple, white, or even striped. When roasted, eggplant takes on an almost creamy texture, and it shows up in familiar dishes like eggplant parmesan. Try this recipe to get you started!

INGREDIENTS 8 Ounces uncooked pasta

- 2 Tablespoons of olive oil
- 1/2 Medium onion, chopped
- 2 Cloves of garlic, finely chopped
- 1 Medium green pepper, chopped
- 1 Summer squash, cubed
- 1 Eggplant, cubed
- 1-2 Tomatoes, cubed
- ³⁄₄ Teaspoon salt
- 1/4 Teaspoons pepper
- Basil or your favorite herbs

DIRECTIONS

1. Cook pasta according to package instructions.

2. Heat olive oil in a large skillet over medium heat and cook the onion and garlic until soft.

3. Add pepper, squash, and eggplant, and cook for 10-12 minutes.

4. Stir in tomatoes, salt, pepper, and basil and cook for 2-4 minutes.

5. Serve over top pasta and top with cheese.

Source: FoodHero.org.

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