

Ratatouille

Ingredients:

1 med Eggplant	¼ cup vegetable stock
4tsp Olive Oil	1 can diced Tomatoes in juice (or 3 chopped tomatoes)
1 Onion, diced	2 tsp fresh Basil, chopped
3 cloves Garlic, diced	1 ½ tsp dried thyme
1 Green Pepper	1 ½ tsp dried oregano
1 Orange or Yellow Pepper, chopped	
1 med Zucchini, chopped	

Directions

1. Preheat oven to 475°F
2. Rinse the Eggplant and slice in half lengthwise. Score a long X in the skin of each half of the eggplant. Brush 2 tsp of oil on baking pan and place the eggplant pulp side down on baking pan. Bake 10-15min or until skin begins to blister and the eggplant has softened. Cool the eggplant, peel away the skin and cut into 1 inch cubes. Set aside
3. Heat the remaining 2 tsp oil in a heavy pot. Saute the onions for about 5 min, then add the peppers and garlic, cook another 5min.
4. Add eggplant and zucchini and broth, simmer approximately 20minutes until the eggplant is tender and cooked through.
5. Add tomatoes and herbs, continue to simmer stirring occasionally.
6. Enjoy over rice or another whole grain.

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