

Ratatouille over Lentils

Ingredients:

- 11 ounces eggplant, cubed
- 2 tbsp. extra virgin olive oil
- 2 garlic cloves, minced
- 1 onion, diced
- 2 tbsp. fresh basil, chopped
- 2 tbsp. fresh parsley, chopped
- 3/4 tsp. oregano
- 1 tsp. fresh rosemary
- 1 tsp. fresh thyme
- 11 ounces zucchini, cubed
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 2 fresh tomatoes, diced
- 1/8 tsp. ground black pepper
- 1/2 tsp. salt



Nutrition Facts	
Serving Size 1 1/2 cup (340g)	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 60
<small>% Daily Value*</small>	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 17g	6%
Dietary Fiber 6g	24%
Sugars 8g	
Protein 5g	
Vitamin A 45%	Vitamin C 180%
Calcium 6%	Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
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
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



Directions:

1. Slice eggplant, sprinkle both sides of each piece with the salt and lay out on platters.
2. After 45 minutes, pat dry and cube.
3. Heat olive oil over medium heat, add garlic and onion and sauté for 5 minutes.
4. Add eggplant and herbs, stir well and cover.
5. Cook, stirring occasionally for 15-20 minutes until eggplant is tender.
6. Stir in zucchini, bell peppers, tomatoes and black pepper.
7. Cover until zucchini and peppers are cooked.