

Ratatouille



PREP TIME:
10 MINUTES

COOK TIME:
45 MINUTES

TOTAL TIME:
55 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 6 Servings

Ingredients:

- 1 Medium Zucchini – Sliced Thin
- 1 Medium Yellow Squash – Slice Thin
- 1 Small Eggplant – Peeled & Sliced Thin
- 1 Plum Tomato – Sliced Thin
- ½ Beefsteak Tomato – Sliced Thin
- 3 Tablespoons Olive Oil
- ½ Large Red Onion, sliced thin & long
- 5 Garlic Cloves Minced
- 1 14.5 oz. Can Organic Diced Seasoned Tomatoes (*BPA Free Lining*)
- 1 Teaspoon Garlic Powder
- 1 ½ Teaspoons Oregano
- 1 Teaspoon Sea Salt
- Black Pepper to Taste
- 5 Basil Leaves

Instructions:

1. Preheat oven to 400 degrees.
2. In a small frying pan, add 1 Tablespoon of the olive oil and heat on medium. Add the onion and allow to cook down 5-8 minutes until softens. Then add the garlic to pan and toss constantly for 1 minute. Turn off heat and add pinch of sea salt. Set aside.
3. Empty contents of diced tomatoes (drain some of the liquid) into mini food processor or blender. Add a pinch of sea salt, pinch of cracked black pepper and garlic powder. Pulse until turns into a puree.
4. In a large iron skillet (or pan that can sustain a 400-degree oven), add all the tomato puree – coating bottom of skillet.
5. Add in about ¼ of the onion/garlic mixture to sauce – stir until incorporated into sauce.

6. Next start layering the zucchini, squash, eggplant, and tomato starting into the outer perimeter of iron skillet working into the center of pan. After each layer, add pinches of salt, pepper, oregano, and a drizzle of olive oil. Then top each layer with a handful of the onion and garlic mixture.
7. Continue this process until all veggies are incorporated.
8. Top with remaining onion/garlic mixture and fresh basil on top.
9. Bake covered with foil in oven for about 40-45 minutes. Until veggies are softened.

***Try and use all organic ingredients if possible.**

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