

# Ratatouille

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Most ratatouille recipes call for all the ingredients to go into one pot, but I have found that the stew has a way better flavor when each vegetable is cooked separately and mixed together at the end. You can make this ratatouille on the grill OR you can dice up the vegetables and put on a sheet pan and roast them in a 400° oven. I like to grill the red peppers, zucchini and eggplant and roast the grape tomatoes and mushrooms in the oven. Top bleu cheese stuffed burgers with this Ratatouille for a real treat.

3	red peppers	3 medium	onions, sliced
2	globe eggplants, sliced	6	cloves garlic, minced
4	zucchini, sliced	¼ cup	parsley, finely chopped
4 cups	grape tomatoes	2 Tablespoons	fresh basil leaves, chiffonade
8 ounces	mushrooms (preferably brown ones)	2 Tablespoons	fresh oregano leaves, finely chopped
½ cup	olive oil	1 Tablespoon	fresh thyme leaves
½ teaspoon	Kosher salt and pepper to taste		

- 1 Place red peppers on grill and roast until all sides are blackened and blistered. Place in a plastic bag, close it to steam and let sit for at least 15 minutes. After steaming, remove skin, stem and seeds and dice.
- 2 In a skillet, add onions with 2 Tablespoons olive oil on low heat, cover and cook on medium low heat until translucent or longer to caramelize. Stir occasionally and cook until you combine all ingredients together. Add more olive oil if necessary to prevent burning.
- 3 Grill method: Slice eggplant and zucchini in strips and place on sheet pan. Drizzle with ¼ cup olive oil, kosher salt and pepper and toss to coat all vegetables. Place vegetables on medium heat grill. Cook until grill marks form on vegetables. In a separate grill pan, add grape tomatoes and mushrooms and drizzle with olive oil, salt and pepper. Grill until tomatoes are blistered and begin to shrivel. Dice eggplant and zucchini into 1/2" pieces
- 4 Oven method: Preheat oven to 400°. Dice eggplant and zucchini in 1/2" pieces and place eggplant on one sheet pan and zucchini with grape tomatoes and mushrooms on another. Drizzle olive oil, salt and pepper over vegetables. Toss to coat. Roast the eggplant for 30 minutes and the zucchini tray for 15-20 minutes, just until the tomatoes are wilted. Half way during the cooking process, flip vegetables over.
- 5 When vegetables have roasted, dice them and slice mushrooms. Add minced garlic to skillet with onion, cook for 2 minutes. Add vegetables to skillet and cook for 5-10 minutes. Add parsley, thyme, oregano and basil and serve. Can be made a day in advance.

Servings: 12

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Total Time: 45 minutes

## Nutrition Facts

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Nutrition (per serving): 151 calories, 85 calories from fat, 9.7g total fat, 0mg cholesterol, 29.6mg sodium, 671.9mg potassium, 15.5g carbohydrates, 5.7g fiber, 6.1g sugar, 3.5g protein.

## Source

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