W\Wholehearted Yoga

Ratatouille

Ingredients:

- 2 TBSP olive oil
- 1 red onion, quartered and thickly sliced
- 6 garlic cloves, finely chopped
- 3 Japanese Eggplant, cut in half lengthwise, then sliced ¼ inch on a diagonal
- 2 bell peppers, cut into thick strips and then triangles
- 3 zucchini cut into thick slices or wedges
- 2 lbs tomatoes chopped or 28 oz can of diced tomatoes
- 1 bay leaf
- 3 TBSP chopped fresh basil
- 1 ½ tsp chopped fresh oregano

Instructions:

- 1. Heat the olive oil in a large skillet and add the onion, ½ tsp salt and a few pinches of pepper. Saute over medium heat until soft, about 5 minutes.
- 2. Add the garlic, eggplant, peppers, ½ tsp salt and a few pinches of pepper. Saute for 8 to 10 minutes until the eggplant and peppers are just tender.
- 3. Add the summer squash, tomatoes, bay leaf, 1/tsp salt and a few more pinches of pepper. Stew over low heat for about 20 minutes until everything is tender.
- 4. Add the basil and oregano just before serving. Season with salt and pepper to taste.

The story behind this recipe. The movie Ratatouille inspired us to try this recipe adapted from the Greens Cookbook. It's a nice summer treat served warm or cold on its own or served over orzo with pesto sauce or rice pilaf.