

Chinese Eggplant



Delicious, fresh vegetables like summer squash, eggplant and sweet onions are in season from June through August across much of the U.S. This ratatouille (rat-a-too-we) recipe is a simple version of a classic French stewed vegetable dish. It's a great inspiration for a healthy veggie-filled meal to savor summer flavors while they last!

Ratatouille

Serves 4 (1 1/2 cup servings) Prep Time: 15 minutes Cook Time: 35 minutes

Ingredients

1 medium sweet onion	2 medium cloves garlic
1 medium Chinese eggplant	1 medium green squash
1 large tomato	3 Tablespoons canola oil or olive oil
1 teaspoon dried basil	1 teaspoon dried oregano
¼ teaspoon salt	¼ teaspoon ground black pepper

Directions

1. Preheat oven to 425°F.
2. Rinse and peel onion. Peel garlic. Rinse eggplant, squash, and tomato.
3. Dice onion and eggplant into ½-inch pieces. Slice squash into ½-inch slices. Chop tomato. Mince garlic.
4. In a medium bowl, add onion, eggplant, squash, garlic, oil, basil, oregano, salt, and black pepper. Toss until veggies are well coated.
5. Coat baking sheet with non-stick cooking spray. Spread veggies out in a single layer so they do not touch. Bake for 20 minutes. Remove from oven.
6. Add tomato to baking sheet. Return baking sheet to oven. Bake, stirring occasionally, until veggies are golden crisp, about 15–20 minutes more.

Chef Notes

- Serve over fresh spinach, brown rice, whole wheat pasta, or with hearty whole grain bread.
- For a faster version, cook veggies in a large skillet on top of the stove with 1 teaspoon oil ..instead of baking.