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.
4. In a medium bowl, add onion, eggplant, squash, garlic, oil, basil, oregano, salt, and black pepper. Toss until veggies are well coated.
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.