

Ratatouille

Weight Watchers Recipe

Easy to make tasty vegetarian dish

Serve over polenta or quinoa

by *TurnAround Program Book*, from Weight Watchers Publishing Group



Course: side dishes

PointsPlus™ Value: 2

Servings: 6

Preparation Time: 11 min

Cooking Time: 31 min

Level of Difficulty: Easy

Considered a condiment as well as a side dish, ratatouille hails from the sun-drenched region of Provence in France.

Ingredients

- 1 large (1.25lb) eggplant, chopped
- 1 tsp table salt
- 3 Tbsp olive oil
- 2 medium zucchini, chopped
- 1 medium sweet red pepper(s), seeded and chopped
- 1 medium onion(s), chopped
- 5 clove(s) garlic clove(s), crushed (medium)
- ¼ C water

- 14 oz canned diced tomatoes or 5 vine ripened tomatoes
- 1 T tomato paste
- ¾ t sugar
- ¼ tsp black pepper, freshly ground
- ¼ t salt
- ¼ t crushed red pepper
- 2 Tbsp basil, fresh, shredded
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Instructions

1. Put the eggplant in a colander in the sink and sprinkle with ¾ teaspoon of the salt. Let stand 20 minutes, then rinse under cold water, and pat dry with paper towels.

2. Saute eggplant with 3T of oil over medium-high heat. Cook, stirring frequently, until soft and starting to brown, 10 to 12 minutes. Transfer to a plate and set aside.
3. Add 1T oil & saute Add the zucchini, bell pepper, onion, and garlic; cook, stirring constantly, about 1 minute; then add the water.
4. Reduce the heat and simmer, covered, shaking the pan occasionally, until the vegetables are softened, about 5 minutes.
5. Stir in the tomatoes, paste, sugar, basil, pepper, and the remaining 1/4 teaspoon salt; simmer, uncovered, until the liquid is evaporated, about 25 minutes. Let cool to room temperature before serving. Yields about 3/4 cup per serving.

Notes

- Eggplant, zucchini, bell pepper, onion, and tomatoes simmer with garlic and fresh basil, then the mixture is served at room temperature. This recipe can easily be doubled. Its flavor only improves with time.

Salting and draining the eggplant extracts the bitter juices, which may affect the flavor of the dish. If you have any ratatouille left over, use it as a pasta sauce or an omelette filling. Ratatouille will keep in the refrigerator in an airtight container for up to 1 week.