

UofL Health Promotion Office Featured Recipe

Use the abundant local vegies from Farmers' Market to make a luscious and nutrient-dense meal...quickly!



Summer Vegetable Ratatouille

Comments from Karen Newton, MPH, RD, Director of Health Promotion Office: *My favorite way to serve this ratatouille is with whole grain corn tortillas or as topping on polenta. Add a dark green salad and you have a meal! It makes a large batch so you'll have enough to freeze for a welcome meal in the future.*

Difficulty level- moderate **Price-** moderate

Ingredients for 8 servings

¼ cup olive oil (or vegetable broth)	1 red bell pepper, diced
2 onions, sliced in thin rings	1 can black beans (15 oz.), drained
3 cloves garlic, minced	1 bay leaf
1 medium eggplant	4 sprigs fresh thyme or rosemary
2 medium zucchini, cubed	4 medium tomatoes, chopped
2 medium yellow squash, cubed	2 Tbsp. fresh parsley, chopped
2 green pepper, seeded and cubed	Salt and pepper to taste
1 yellow bell pepper, diced	

Directions

1. Heat 1 tablespoon oil (or vegetable broth) in a large pot over medium-low heat. Add the onions and garlic and cook until soft but still translucent.
2. In a large skillet, heat 1 tablespoon of olive oil (or vegie broth) and sauté the zucchini in batches until slightly browned on all sides. Remove the zucchini and place in the pot with the onions and garlic.
3. Sauté all the remaining vegetables one batch at a time, adding a bit of olive oil (or vegie broth) to the skillet each time you add a new set of vegetables. Once each batch has been sautéed add them to the large pot.
4. Drain black beans and add to the large pot.
5. Season with salt and pepper. Add the bay leaf and thyme and cover the pot. Cook over medium heat for 12 - 15 minutes.
6. Add the chopped tomatoes and parsley to the large pot; cook another 8-10 minutes. Stir occasionally.
7. Remove the bay leaf and adjust seasoning.

More recipes: <http://louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes>

Check out Chef Mat's website for another recipe that includes fresh summer vegies
<http://www.junehealthandwellness.com>