

RATATOUILLE

SERVINGS

6

SERVING SIZE

1 cup

INGREDIENTS

1 tablespoon olive oil
2 cloves garlic, minced
1 medium eggplant, cubed
2 small zucchinis, sliced
1 green bell pepper, chopped
1 cup canned tomatoes
(crushed)
1/2 teaspoon salt
1/4 teaspoon black pepper

INSTRUCTIONS

1. Heat oil in a large nonstick skillet over medium-high heat. Add garlic and sauté 30 seconds.
2. Add remaining ingredients and cook 10-15 minutes, stirring occasionally, until vegetables are tender.

Source: www.diabetesfoodhub.org



Nutrition Facts	
Serving size	
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 60mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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