



BUDGET FRIENDLY RECIPES

Garlic Basil Ratatouille

Serves 6. Prep time: 30 minutes.

2 tablespoons Field Day olive oil	1 small eggplant, stem removed, cut into 1/2-inch cubes
1 yellow onion, diced	
1 red or green bell pepper, seeded and diced	1 14.5-ounce can Woodstock diced tomatoes with juice
3 tablespoons minced garlic	1/3 cup minced fresh basil
1 small zucchini, diced	2 tablespoons pine nuts
1 small yellow squash, diced	Salt and black pepper to taste

Preparation

In a large soup pot, heat the olive oil over medium-high heat. Sauté the onion, bell peppers and garlic for a few minutes. Add the zucchini, yellow squash, eggplant and diced tomatoes (with juice) and bring to a simmer. Cover the pot and simmer on low for 10 to 15 minutes, stirring frequently. When the eggplant and squash are tender, stir in the basil and pine nuts, and taste for salt and black pepper. Remove from heat and serve warm.

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Ingredient checklist

PRODUCE

- Yellow onion
- Red or green bell pepper
- Garlic
- Zucchini
- Yellow squash
- Eggplant
- Basil

BULK

- Pine nuts

GROCERY

- Field Day olive oil

SPICES/SEASONINGS

- Sea salt
- Black pepper

Serving suggestion

Serve this delicious vegetable stew over cooked couscous or nutty brown rice sprinkled with shredded or flaked Manchego cheese, and a side of garlic green beans. Use fire-roasted instead of plain diced tomatoes for a smoky, outdoor flavor. Substitute raw sunflower seeds for the pine nuts for an even lower cost-per-serving, and use whatever summer squash is most readily available.

Nutritional information per serving

169 calories	24 g. carbohydrate
7 g. fat	8 g. fiber
0 mg. cholesterol	6 g. protein
59 mg. sodium	

Estimated cost

Total:	\$8.55
Cost per serving:	\$1.43

The nutritional values and information are approximations, and ingredient costs are estimated.