

RATATOUILLE PAREVE

INGREDIENTS

- 2 Eggplant (cut in bite-size squares)
- 2 Zucchini, (cut into circles)
- 2 Yellow squash (cut into circles)
- 4 T Extra virgin olive oil
- 2 Onions (sliced)
- 2 Cloves Garlic (chopped)
- 1 Red pepper (large) (seeded & chopped in medium sized pieces)
- 2 Yellow peppers (large) (seeded & chopped into medium sized pieces)
- 1 can Tomatoes (Canned - at least 8 oz OR fresh - at least 6) - see tip at the bottom of the recipe
- 1 T Basil
- 1 T Oregano
- 1 T Thyme
- Salt & ground black pepper to taste



COOKING INSTRUCTIONS

- 1 Sprinkle the eggplant & zucchini with salt & then put them in a colander with a plate & a weight on top to extract the bitter juices & let them sit for about 30 minutes.
- 2 Heat the olive oil in wok or 5 quart pot
- 3 Add the onions & cook gently for 6-7 minutes until just softened
- 4 Add the garlic & cook for another 2 minutes
- 5 Rinse the eggplant & zucchini & pat dry with a paper towel
- 6 Increase the heat & add in the eggplant, zucchini & peppers
- 7 Saute until the peppers just turn brown
- 8 Add the tomatoes, basil, oregano, thyme & season to taste with salt & pepper
Cover the wok or pot & cook gently for about 40 minutes
- 9 This dish can be served warm or cold

TO SHORTEN COOKING TIME

Try using a store bought Marinara or Basil Tomato sauce instead of the canned or fresh tomatoes. If you use the Basil tomato sauce, you can skip adding the 1 T of basil.