Summer Vegetable Ratatouille

Prep: 20 minutes | Cook: 40 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

3 large tomatoes (or 6 medium Roma tomatoes)

1 medium bell pepper, cut into bite-sized pieces (about 1½ cups)

1 medium eggplant, peeled and cut into bite-sized pieces (about 3 cups)

1 medium zucchini, cut into bite-sized pieces (about 2 cups)

1 medium yellow squash, cut into bite-sized pieces (about 2 cups)

1 medium onion, cut into bite-sized pieces (about 1½ cups)

2 tablespoons olive oil, divided

¼ teaspoon salt

2 cloves garlic, minced

¼ teaspoon dried oregano

¼ teaspoon ground black pepper

⅛-¼ teaspoon crushed red pepper flakes, to taste

2 tablespoons chopped fresh basil

Directions

1. Preheat oven to 425°F.

2. Using a box grater, grate the tomatoes over a medium mixing bowl. Pour off excess juice, as desired. Set aside.

3. Place the bell pepper, eggplant, zucchini, squash, and onion on a baking sheet. Add 1½ tablespoons of the oil and the salt. Toss to combine, then spread into a single layer.

4. Roast in the oven until well-browned and fork tender, about 20-25 minutes., tossing halfway through the cooking time.

5. While the vegetables are roasting, heat a large saucepan or stockpot over medium heat.

6. Add the remaining ½ tablespoon of oil and heat until shimmering.

7. Add the garlic and cook until fragrant, about 30-60 seconds.

8. Add the grated tomatoes, oregano, black pepper, and crushed red pepper.

9. Bring to a simmer over medium-high heat, then reduce the heat to maintain a low simmer. Cook, stirring occasionally, for 5 minutes.

10. Add the roasted vegetables. Continue cooking for 7-10 minutes.

11. Remove from the heat and stir in the basil.

12. Serve warm.

Recipe Notes

- Serve over rice, pasta, or crusty bread.

- Top with a sprinkle of parmesan or feta, if desired.