

Summer Garden Ratatouille

Ingredients:

1 large eggplant, peeled, cubed and salt-sweat*
3 T extra virgin olive oil, divided
1 sweet onion, diced
4-5 cloves garlic, chopped
2 small zucchini, quartered lengthwise and sliced
1 red or orange bell pepper, seeded and diced
1 jalapeño pepper seeded and finely diced (optional)
3 small tomatoes, diced
1 (14.5 oz) can diced tomatoes
1/4 tsp sea salt
Fresh cracked pepper to taste
Pinch of crushed red chili flakes
1 T aged balsamic vinegar
10 fresh basil leaves
2 oz crumbled goat cheese (optional)

*Generously salt cubed eggplant and let sit for 15-20 minutes. Rinse, drain and pat dry before adding to dish.

In heavy-bottomed pot, heat 2 tablespoons extra virgin olive oil on medium high heat. Add onions and sauté for 3 minutes before adding chopped garlic. Sauté for an additional minute. Add in cubed eggplant and cook for 4-5 minutes, stirring often and adding a few tablespoons of water if needed. Add sliced zucchini, bell pepper and diced jalapeño and cook for 2 minutes before adding fresh diced tomato and 1 can of diced tomatoes, red chili flakes, sea salt and fresh cracked pepper and let simmer for 10 minutes. Stir in balsamic vinegar, 1 tablespoon extra-virgin olive oil and fresh chopped basil. Top with crumbled goat cheese and chopped basil to garnish to serve.

Recipe by Edible Garden Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN