

Summer Garden Ratatouille

Ingredients

3 tablespoons extra-virgin olive oil, divided
1 sweet onion, diced
4-5 cloves garlic, chopped
1 large eggplant, peeled, cubed and salt-sweat*
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
¼ teaspoon sea salt
Fresh cracked pepper to taste
Pinch of crushed red chili flakes
1 tablespoon aged balsamic vinegar
10 fresh basil leaves
2 oz. crumbled goat cheese (optional)

Method

Heat 2 tbsp extra virgin olive oil in a heavy-bottomed pot on medium high heat. Sauté onions for 3 minutes before adding chopped garlic and sauté for 1 minute. Add in prepared cubed eggplant and cook for 4-5 minutes stirring often and adding a few tablespoons of water if needed. Next, add sliced zucchini, bell pepper and diced jalapeno 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.



ATLANTA BOTANICAL GARDEN

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.

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

Recipe by Healthy Eating 101 Chef Megan McCarthy



ATLANTA BOTANICAL GARDEN