

Ratatouille

Nebraska Seasonal Produce Guide

8 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 2 Tablespoons vegetable oil
- 1 yellow onion, scrubbed with a clean vegetable brush under running water, sliced
- 2 bell peppers, scrubbed with a clean vegetable brush under running water, chopped
- 1 eggplant, scrubbed with a clean vegetable brush under running water, peeled, and cubed
- 3 garlic cloves, minced
- 1 (15-ounce) can diced tomatoes, undrained
- 1 teaspoon dried basil
- ½ teaspoon black pepper
- ½ cup fresh parsley, gently rubbed under cold running water, chopped

Instructions

1. Wash hands with soap and water.
2. Wash and prepare produce.
3. Peel the onion and slice it into ½ inch pieces.
4. Remove stem and seeds from pepper and cut into 1-inch pieces.
5. Cut eggplant into 1-inch pieces.
6. In a large saucepan, heat oil. Add onion, bell peppers, eggplant, and garlic. Sauté until tender, or about 15 minutes.
7. Add tomatoes and basil, cook about 10 minutes. Add pepper and parsley before serving.
8. Serve hot. Store leftovers in a sealed container in the refrigerator.

Nutrition Information per Serving (1/2 cup): Calories 70, Total Fat 3.5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 130mg, Total Carbohydrates 10g, Fiber 4g, Total Sugars 5g, includes 0g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 8%

Recipe Source: MyPlate Kitchen, ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.



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