



**Cornell University**  
 Cooperative Extension  
 New York City



## Easy Ratatouille

Yields 6 servings (½ cup each)

### Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 large onion, sliced
- 2 medium eggplants, chopped
- 4 small zucchini, sliced
- 2 green bell peppers, chopped
- 5 medium red tomatoes, chopped
- 1 tablespoon fresh basil, cilantro, or parsley, chopped
- ¼ teaspoon black pepper

### Directions

1. Heat oil in large skillet over medium heat.
2. Add garlic and onion and cook until onion is soft.
3. Add eggplant and zucchini. Cook until lightly browned and almost tender.
4. Add the green pepper and tomatoes. Cook for about 5 minutes.
5. Add fresh herbs and pepper. Cover the pan and cook for 5 more minutes.

### Helpful Information

- Different varieties of eggplants are all delicious. Experiment with each color or mix them all together.
- Cook eggplant with or without the skins. Eggplants have edible skins.
- Eggplant can be baked in the oven or grilled. Add eggplant to soups and stews. Toss some raw eggplant into your green salad. Just be sure to cut it very small.

**Source:** CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

<b>Nutrition Facts</b>	
<b>Servings Per Recipe</b>	<b>6 servings</b>
<b>Serving size</b>	<b>½ cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 740mg	<b>32%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 2mg	10%
Potassium 784mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Label analysis based on ingredients listed.</small>	

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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## Guiso de Berenjena

Rinde 6 porciones (½ taza cada una)

### Ingredientes

- 1 cucharada de aceite de oliva
- 2 dientes de ajo, picados finamente
- 1 cebolla grande, rebanada
- 2 berenjenas medianas, cortadas
- 4 calabacines o zucchinis, rebanados
- 2 pimientos verdes, cortados
- 5 tomates rojos medianos, cortados
- 1 cucharada de albahaca, cilantro, o perejil fresco, picado
- ¼ cucharadita de pimienta negra

### Instrucciones

1. Caliente el aceite en un sartén grande en fuego mediano.
2. Añada el ajo y la cebolla y sofríalos hasta que la cebolla esté suave.
3. Agregue la berenjena y los calabacines. Cocínelos hasta que estén un poco dorados y casi suaves.
4. Añada el pimiento verde y tomates. Calientelos por 5 minutos.
5. Añada hierbas frescas y pimienta negra. Cubra el sartén y déjelo cocinar por unos 5 minutos más.

### Información Útil

- Diferentes variedades de berenjenas son deliciosas. Experimente con cada color o mézclelas todas juntas.
- Cocine la berenjena con o sin la cáscara. Las berenjenas tienen cáscaras que se pueden comer.
- La berenjena se puede hornear o cocer en la parrilla. Agregue berenjena a las sopas o a los estofados. Ponga un poco de berenjena cruda en su ensalada verde. Solo asegúrese de picarla en pequeños pedazos.

**Source:** CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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