

Layered Ratatouille

10 ingredients · 1 hour 5 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C).
2. Heat half of the oil in a pan over medium heat. Add the onion and cook for about five minutes or until softened. Add the garlic and Italian seasoning and cook for another minute. Stir in the tomato sauce and season generously with salt and pepper to taste. Continue to cook until the tomato sauce has warmed through.
3. Transfer the tomato sauce mixture to the bottom of a baking dish.
4. Arrange the eggplant, zucchini, and tomato slices in the baking dish in an alternating pattern standing on their sides. (Cut the eggplant slices in halve or thirds to better fit in the baking dish). Brush the top of the vegetables with the remaining oil.
5. Cover the baking dish with foil or a lid and bake for 30 minutes then remove the cover and continue to bake for 25 to 30 minutes or until the vegetables are tender.
6. Top with the basil leaves. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately equal to 1 1/2 cups.

More Flavor

Use your favourite marinara sauce or pasta sauce instead of tomato sauce. Add red pepper flakes or other dried herbs and spices to taste.

Serve it With

Pasta noodles, rice or protein of choice.

Baking Dish

An 8 x 11 baking dish was used for four servings.

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 1/2 Yellow Onion (medium, diced)
- 3 Garlic (clove, minced)
- 1 1/2 **tsps** Italian Seasoning
- 1 1/2 **cups** Tomato Sauce
- Sea Salt & Black Pepper (to taste)
- 1 Eggplant (medium, sliced to 1/8-inch thickness)
- 2 Zucchini (medium, sliced to 1/8-inch thickness)
- 3 Tomato (small, sliced to 1/8-inch thickness)
- 1/2 **cup** Basil Leaves (chopped or torn for serving)

Nutrition

Amount per serving

Calories	156	Vitamin D	0IU
Fat	8g	Vitamin E	3mg
Carbs	21g	Vitamin K	38µg
Fiber	8g	Thiamine	0.2mg
Sugar	12g	Riboflavin	0.2mg
Protein	5g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.5mg
Sodium	57mg	Folate	90µg
Potassium	1064mg	Vitamin B12	0µg
Vitamin A	2152IU	Phosphorous	125mg



Vitamin C	42mg	Magnesium	61mg
Calcium	64mg	Zinc	1mg
Iron	3mg	Selenium	2µg