

Pasta Ratatouille

This recipe is an excellent source of vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 6 cups **water**
- 1 pound **pasta**
- 3 tablespoons vegetable **oil**
- 1 large **onion**, chopped
- 2 medium green **bell peppers**, chopped
- 3 small **zucchini**, cubed
- 1 small **eggplant**, cubed
- 3 medium **tomatoes**, cubed
- 5 cloves **garlic**, finely chopped
- 1 1/2 teaspoons **salt**
- 1/2 teaspoon **pepper**
- 2 teaspoons **basil**
- 1 cup **Swiss cheese**, shredded

Directions:

1. Bring water to a boil in a large pot, add pasta and cook until tender, about 10 minutes, drain.
2. Heat oil in a skillet over medium heat. Add onion and sauté about 4 minutes.
3. Stir in onion, bell pepper, zucchini, and eggplant. Increase temperature to high and cook 7 minutes.
4. Stir in tomatoes, garlic and seasonings; continue to cook another 3 minutes or until vegetables are crisp-tender.
5. Serve over pasta.
6. Top with Swiss cheese.
7. Refrigerate leftovers within 2-3 hours.

Nutrition Facts

Serving Size 1 Cup (257g)	
Servings Per Container 12	
Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 320mg	13%
Total Carbohydrate 37g	12%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 9g	
Vitamin A 10%	• Vitamin C 50%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

12 servings, 1 cup each

Source: 2005. Christa Marney, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu>