



Roasted Ratatouille

Ratatouille (rat-a-TOO-ee) is originally from Nice, a city in the South of France—that’s why its full name is Ratatouille Niçoise (which means *prepared the way they make it in Nice*). Ratatouille is usually cooked on the stove, but we think it’s even better when you roast it: all the summery vegetables get melty and sweet in the oven, and it tastes bright and delicious. Eat it alone, use it to top something wonderful (pizza, pasta, rice, burgers, chicken or fish), or fill an omelet with it. You can even eat it cold



“For me, one of the best parts about summer is getting to enjoy all the tasty, locally grown fruits and vegetables at the farmers market. One of my favorites is eggplant. There are so many ways to cook it—in the oven, in a pan, or even on the grill. This month’s recipe is a great showcase for this healthy dish. And the best part is that you can make a batch and have enough for the next day!”

Deval Patrick
Governor of Massachusetts

ADULT: YES | HANDS-ON TIME: 30 MINUTES | TOTAL TIME: 1 HOUR 15 MINUTES | MAKES: 4-6 SERVINGS



WASH your hands with soap and water and dry them.

CLEAN the counter top with a sponge.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

- Sharp knife (adult needed)
- Cutting board
- Measuring cup
- Mixing bowl
- Measuring spoons
- Large mixing spoon
- Large rimmed baking sheet

INGREDIENTS

- 1 onion, peeled and diced (“diced” means cut into cubes the size of dice)
- 2 garlic cloves, peeled and minced (“minced” means finely chopped.)
- 1 medium eggplant, diced
- 2 zucchini, diced
- 1 red bell pepper, cored and diced (“cored” means with the stem and hard or seedy center part taken out.)
- 2 cups diced tomatoes (fresh or canned)
- ½ teaspoon dried thyme leaves
- 2 tablespoons olive oil
- ¾ teaspoon salt

INSTRUCTIONS

1. Turn the oven on and set it to 450 degrees.
2. Put the onion, garlic, eggplant, zucchini, bell pepper, and tomatoes in the bowl and mix well. Add the thyme, oil, and salt, and mix again.
3. Tip the mixing bowl onto the baking sheet and let the vegetable mixture slide onto the baking sheet. Spread out the vegetables into a single layer.
4. Put the baking sheet in the oven and bake until all the vegetables are softened (especially the eggplant), about 45 minutes. (Stir it once after 25 minutes).
5. Serve hot, or cover and refrigerate up to 2 days.

TOP This

Serve each portion with 1 lemon wedge, 1 tablespoon grated Parmesan cheese, a few fresh basil leaves

Safety Tip

Get an adult’s permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.



DID YOU KNOW?

★ Vegetables have families too: Eggplant belongs to the Nightshade family-which also includes tomatoes, sweet peppers, and potatoes

★ **We think of eggplant as a vegetable, but it's actually classified as a berry!**



★ If you go searching for eggplant at the supermarket you might find it in colors other than the usual deep, shiny purple: pale purple, bright green, and even white.

BY THE NUMBERS

Each eggplant can pack up to **3 grams** of health-boosting fiber.

An eggplant is almost **95%** water.

Each year more than **100** Massachusetts farms together harvest a total of nearly **600,000** pounds of eggplant.



www.mass.gov/massinmotion

To subscribe to
CHOPCHOP

THE FUN COOKING
MAGAZINE FOR FAMILIES

go to www.chopchopmag.org



Massachusetts
grown...and fresher!
www.mass.gov/massgrown

DON'T MISS A RECIPE!

Sign up to get each month's free ChopChop newsletter in your email inbox at www.mass.gov/massinmotion/chopchop